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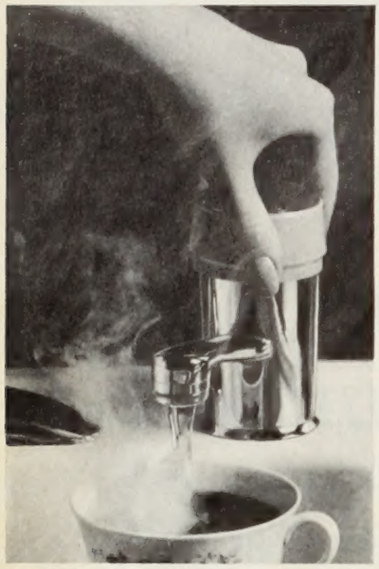
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THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES — JULY, 1973; VOL. 51, NO

100 IDEAS UNDER $100

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43 Circus toy box; Appliqued chair cover
44 Pocket hamper; Novel spice rack; Kids' wall/shelves
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46 Monogrammed door; Sleep-and-play bed; Tile-legged bench; Barber-pole lamp; Incandescent cube; Poker chips rack
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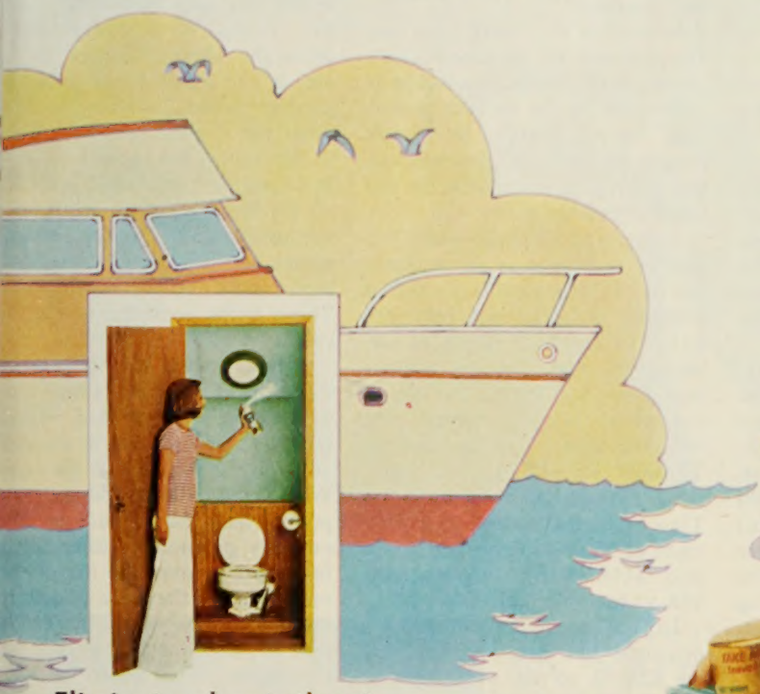
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How to shop for a mortgage

For most people, there is no financial commitment that lasts as long, costs as much, or is as complex as a mortgage. Yet, with proper planning and knowledge, it's possible to realize considerable savings at the outset of a mortgage, and possibly even later when you refinance or modify your obligations.

What is a mortgage?

A mortgage is a debt you incur for the purchase of property. The transaction consists of two primary parts. One is the I.O.U. that you sign—the "mortgage bond" or "note"—which sets forth the terms under which you promise to repay the loan. The other part, traditionally referred to as the "mortgage," sets forth the rights of the lender: you pledge the property to him as security for the loan, and you give him the right to obtain the property if you default in the loan. The mortgage documents spell out all of the various rights and obligations of the deal.

Mortgages come predominantly from institutions—commercial banks, mutual savings banks, savings and loan associations, mortgage banking firms, and some insurance companies. FHA and VA (GI) mortgages are regulated by the government, although you get them through institutional lenders. Often these loans permit less cash on the line (your "down payment") and more time to pay off. However, they generally take longer to arrange than "conventional loans," some of which now permit smaller down payments, too. The government regulates interest rates for FHA and VA loans; conventional loans determine interest rates in terms of the current money market.

Often, rather than obtain a new mortgage when buying a house, families will assume the mortgage that already exists on that house. Such an arrangement may save you money.

What do you look for first?

A mortgage is a legal contract that can contain a variety of clauses. If the terms are not agreeable to both parties, they either modify them or do not enter into the contract. Your most basic concerns when you begin to shop are questions about interest rates, length of the mortgage, and down payment.

As you look for the most favorable *interest* rates, don't be surprised if you find little choice between one lender and the next. Rates tend to be similar within a given marketplace. (Currently, they range from 7½ to 8 percent in various parts of the country.) However, the difference of even one-half of one percent can count over the long haul. On a 25-year $20,000 mortgage, for instance, it can mean close to $2,000 extra in the total interest you pay over the full life of the mortgage.

The longer the *maturity period* that you choose for your loan, the more the interest payments will amount to, even though your monthly payments will be less when you take longer to pay. Usually, there's some choice about the length of time you take to pay off, so ask to see comparisons of how much in total you pay back over various periods.

The higher your *down payment*, the less your loan will be and the less it'll cost you because you've not borrowed as much. (See "How much should you put down on a house?" next month in *Better Homes and Gardens.*) On the other hand, it is possible to get loans for as little as five percent down. You will be paying back more that way, of course. And you also may have to ante up extra insurance charges.

Most of the terms and clauses outlined below can be the subject of negotiation, or at least provide guidelines for shopping from one lender to another. As you inquire, remember that your lawyer is the best person to explain your rights and obligations set forth in mortgage documents. His fee might be small compared to the money you could save, thanks to his counsel.

What does a mortgage cost?

In addition to paying back the actual money you borrow (the "principal"), there are three major costs—interest, acquisition fees, and insurance. Find out details about each before signing any contract.

- *Interest* is the "rent" you pay for the use of someone else's money. Interest on a mortgage is calculated on the *current* principal balance that's left each month. (With an installment loan, the interest is calculated on the *original* balance.)

Using a $25,000, 25-year, 7½ percent mortgage as an example, the monthly payments would be $184.75 (interest and principal only). In the first month of the mortgage, your interest obligation is one-twelfth (12 months in the year) of 7½ percent of $25,000. Now, 7½ percent of $25,000 is $1,875, and one-twelfth of $1,875 is $156.25. Thus in the first month your payment of $184.75 is broken down into $156.25 for interest, and $28.50 for principal.

In the second month, your principal has been reduced by the $28.50, so that your interest for the second month is one-twelfth of 7½ percent of $24,971.50 (that's $25,000 less the $28.50). This comes out to $156.07. For the second month, then, your payment of $184.75 is broken down into $156.07 for interest, and $28.68 for principal.

In the third month, the principal balance stands at $24,942.82 ($24,971.50 less the $28.68). The interest for that month amounts to $155.89, and the principal is $28.86.

And so it goes. Each month the principal portion of your payment increases, and the interest portion decreases. As the months go by, the respective rates of increase and decrease widen.

Because of this way of calculating interest on a mortgage, you are paying off a much smaller portion of the principal during the earlier years of the loan than in the later years. Thus, the mortgage debt does not reduce in direct proportion to the passage of the years.

Most mortgages oblige you to pay a stated, fixed rate of interest that doesn't change throughout the life of the mortgage. However, it's possible for a mortgage to contain a clause giving the lender the right to change the interest rate—perhaps at a stated time in the future, or upon the occurrence of a certain event, such as the sale of the property and assumption of the mortgage by a new buyer. There also is a fairly new phenomenon, called the "variable rate" mortgage, which may become widespread in the future. With this arrangement, the interest rate can fluctuate up and down, based on some predetermined indicator, such as what the overall cost of money in the nation has become.

- *Acquisition fees* are costs added by the lender, usually under the justification that they are necessary for legal work, appraisal fees, credit checks, or whatever. These extra costs are generally called "points."

When you're taking out an FHA or GI loan, the points must be paid in a lump sum out-of-pocket at closing time, or deducted from the proceeds of the loan. With conventional loans, the points may be added to the monthly payments, either for a few years or over the life of the mortgage. If they are added to the monthly payments, it's likely that you'll be paying interest on the amount involved for as long as you're making the payments.

Your lender may be flexible regarding how various fees are to be paid. Your decision will be based largely on your current cash position—how much you can afford to pay out now—and your budgetary allowance for monthly payments.

continued

Guess whose hands are 12 years older?







"My hands are 12 years older than hers," says Mrs. Beverly Stone, on the left. "She's only 23, I'm 35. And I do housework and dishes for my husband and 2 children. That's why I take good care of my hands. And for dishes, I always use Ivory Liquid. It's one of the reasons my hands stay young looking. It's so mild, I think it helps."



Ivory Liquid helps keep hands young looking.



continued

Shopping f a mortgage

• *Insurance* with mortgages mean several types of cove The lender may require yo obtain insurance on the tit the property, for instance. right title insurance protects you and the lender against losses that might result from other party's claiming rights t or part of your property. Ev you don't want title insura you may have to cover the le anyway—at your expense. protect yourself as well, be you also buy an "owner's" "fee" title insurance policy only costs a few dollars mor

In addition, you may hav pay for insurance that pro the lender against your defau mortgage payments. With F and VA-insured mortgages, government insures the le who gives you your mortgag recent years, private compa have joined with the governm in selling this kind of mort insurance. As a result, even ventional mortgages today ticularly the newly popular percent-down breed) carry e insurance costs. The smaller down payment, the more li you'll be hit with these costs.

If the lender requests it you agree, insurance on your may become part of the pack In most cases, you'll pay the miums, although they may couched right in with monthly payments.

You will have to buy prop insurance, at least to cover lender in the event the prop is damaged or destroyed. H specify the amount of cove he wants and he'll be name the policy as an additional sured. Such homeowner's poli can differ widely in cost and erage, so do some homewor

Both fees and insurance miums are among a long lis possible bills you'll have at time you sign the mortgage These extras are called "clo costs," "settlement costs," or justments." Although many necessary—or at least traditi —don't hesitate to bargain wh you can.

How long will the loan run? Most mortgages are for 20, 25 30 years. Frequently you can range for other periods. longer the maturity, the sma the monthly payments, but more you'll pay overall.

Usually, mortgages run out the stated term, but it is poss that some clause in the cont

could shorten the mortgage period. You might be hurt financially if you're not prepared.

Say that your monthly payments are based on a 25-year factor, but a clause calls the whole remaining balance due after 15 years. The following charts show what different time lengths can do to the expense of a mortgage of $25,000 at seven percent interest. For instance, the monthly payments on a 25-year mortgage would be $176.70 per month (Chart A), but if the whole amount suddenly were due at the end of 15 years (Chart B), the remaining balance would then be 60.8 percent of the original amount, or $15,200. (Remember, interest is figured on the balance of the loan, so earlier in the mortgage you're paying off more interest than principal. Later, it's the other way around.)

The effect of time on mortgage costs
Mortgage of $25,000, at 7% interest/year

A) Your monthly payment (interest and principal only) and total ultimate cost.

With a term of:	15 yrs.	20 yrs.	25 yrs.	30 yrs.
Your monthly payment will be:	$224.71	$193.83	$176.70	$166.33
Your payments will total:	$40,447	$46,519	$53,010	$59,878
Your interest rate will total:	$15,447	$21,519	$28,010	$34,878

B) Equity buildup: the percentage of the original principal amount you still owe after specific periods of time.

After:	15 yrs.	20 yrs.	25 yrs.	30 yrs.
5 years	77.4%	86.2%	91.1%	94.1%
10 years	45.4%	66.6%	78.6%	85.7%
15 years	—	38.9%	60.8%	73.8%
20 years	—	—	35.6%	56.9%
25 years	—	—	—	33.0%

Note: The percentage figures above are good for any size mortgage, as long as the interest rate is seven percent. Percentages vary slightly for other interest rates. See your banker for more specifics.

If you didn't have the cash on hand, you'd have to refinance. Or the lender might use this as an opportunity to increase your interest rate and let the balance run out accordingly for the remaining ten years. This is commonly known as a "balloon" clause. Watch out for it, especially if you're assuming an existing mortgage: the demand payment could be lurking just a few years away.

Should you buy a new mortgage or a seasoned one?

It might be worth hunting around for a house that has a well-seasoned, assumable mortgage. There can be a number of advantages. The interest rate might be far lower than currently prevailing rates, for instance, and restrictive clauses may be few.

In addition, your equity builds at a much faster clip on a seasoned mortgage than on a new one. This can make a tremendous difference in dollars.

As the preceding chart shows, the mortgage debt does not decrease in direct proportion to the passage of time. Let's assume that you'll be in the house for ten years—about the national average. On a *new* 25-year mortgage you'll reduce the principal to only 21.4 percent of the original amount, leaving 78.6 percent to pay off. On the other hand, if you assume an existing mortgage that has already been paid on for ten years, you will—during your ten-year stay—build equity to the tune of 43 percent of the original mortgage. (The 43 percent figure represents the difference in unpaid principal balance between the tenth year—78.6 percent and the 20th year—35.6 percent.)

Here's how it looks in dollars: A house is priced at $30,000. There's an existing mortgage on it, which originally was for $25,000, set to run for 25 years at seven percent interest per year. Ten years have elapsed, so the principal balance on the mortgage now is $19,650. If you assume that mortgage (paying the seller the difference between the mortgage and his $30,000 price), you'll reduce the principal to $8,900 in ten years time. That's $10,750 additional equity you have built up.

What if you forgo the existing seasoned mortgage in favor of a brand-new one for $19,650 (again paying the seller the difference) to run at the same terms of 25 years at seven percent interest?

continued on page 106



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with the largest to



Imagine! Almost 7 full cubic feet of freezer space. And it needs no defrosting ever.

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eezer made today.



What you should know about stomachaches

After a festive holiday meal a middle-aged man becomes acutely uncomfortable with abdominal pain, gas, and nausea—and wonders if he should take something to help settle his stomach.

A nine-year old schoolgirl comes home one day with abdominal cramps and diarrhea and her mother calls the doctor in alarm, fearing appendicitis.

For weeks an over-busy housewife has been bothered each afternoon with a gnawing ache in the pit of her stomach; she wonders if she could be developing an ulcer.

A young carpenter leaves work early with fever, nausea, and a severe, steady pain in his lower abdomen. He debates whether to call the doctor at once or try to wait until morning.

Each of these people is suffering from a "stomachache"—the vague, general term that people use to describe virtually any kind of pain or discomfort in the abdominal area. Yet each of these stomachaches is distinctly different from the others. What do they mean? Something minor or something serious? The answers may vary as widely as the stomachaches themselves.

The middle-aged man may have nothing more than minor indigestion from overindulging in rich foods. Still, he should certainly seek a doctor's advice if simple remedies prove ineffective.

The schoolgirl could be suffering a mild, harmless bout of "stomach flu," or a more serious case of bacterial food poisoning. The housewife may indeed have an ulcer, but only a careful medical investigation can establish an accurate diagnosis.

As for the young carpenter, the sooner he sees a physician the better. If he is developing acute appendicitis he could be in major trouble long before morning.

Your sensitive digestive system.

Everyone suffers from a stomachache now and then. Often the disturbance is minor and a call to the doctor would be pointless. But some stomachaches can herald very serious illnesses. How can you tell when medical help is necessary? To sensibly evaluate this most commonplace of all general symptoms, you must first know something about the form and function of the digestive system, and the kinds of things that can upset it.

Of all the body's organ systems, perhaps none is more sensitive to physical and emotional stress—or more prone to a wide variety of symptoms—than the digestive system, also known as the gastrointestinal (GI) tract or the alimentary canal. It is a long, hollow tube extending from the oral cavity to the anus, through which the foods that we eat are slowly passed as they are digested and their nutrients absorbed into the body.

The entire length of this digestive canal is lined with a moist mucous membrane, and the walls of the tube are formed by two layers of involuntary muscle, one with fibers encircling the tube, the other with fibers extending along its length. Working beyond our conscious control, these muscle layers squeeze the contents of the digestive tract along in smooth wavelike *peristaltic contractions*, gently pushing food downward from one area to another for the chemical and mechanical processing we know as digestion.

How food is digested.

The digestive process actually begins in the mouth, where food is broken up by chewing and moistened with saliva. Then the food is swallowed and passed down the gullet or *esophagus* into the stomach, where chemical digestion begins. Certain cells in the stomach lining produce quantities of acid digestive juice, while others produce digestive chemicals known as *enzymes*. Some substances—simple sugars and alcohol, for example—can be absorbed directly into the bloodstream through the stomach wall without need for digestion. But more complex materials, such as protein molecules, are partly broken down by the stomach enzymes, and the mechanical churning action of the stomach separates the food particles into a soupy mash to prepare it for further chemical processing.

This "digestive soup" is passed out of the stomach a little at a time into the duodenum—the upper part of the small intestine—where it is mixed with strongly alkaline secretions produced by the pancreas and liver. Here proteins, complex sugars, starches, and fats are broken down by a variety of digestive enzymes into fragments that can be absorbed by the bloodstream—and utilized by the body for energy, heat production, and body building and repair. This absorption takes place in the upper two-thirds of the small intestine. Indigestible fibers and other wastes are passed on to the large intestine or *colon*, where excess water is withdrawn and semisolid residue, the feces, moves on to the rectum for final disposal.

All these separate digestive functions are delicately balanced in a single smooth-running process, and any disturbance at any point can bring about distressing symptoms. For example, when your stomach lining is irritated by excessively spicy or indigestible foods, or by the action of infectious bacteria, or even by undue emotional stress, normal gastric activity is hampered and you may experience distention, gas, and nausea. If the irritation is severe, peristalsis can be reversed and the stomach may be emptied by vomiting.

Irritation lower in the GI tract can cause cramping abdominal pain and the expulsion of frequent liquid stools, a condition known as diarrhea. Whenever stretching of the intestinal wall occurs, usually due to accumulated food or gas, the result is an intermittent, wavelike cramping pain that waxes and wanes with the peristaltic waves. Obstruction of the flow through the GI tract can cause similar cramping and may lead to a marked increase in intestinal wave motion if the obstruction is not naturally relieved.

Abdominal pain also may arise from disorders of other organs in the region—the pancreas, the liver, the spleen, the diaphragm, even the kidneys or ureters.

Irritation of the *peritoneum*—the thin, pain-sensitive membrane that lines the inside of the abdominal cavity and then folds back to cover the abdominal organs and help hold them in place—can cause severe, persisting abdominal pain that tends to be aggravated by body motion of any kind. This so-called *peritoneal pain* is far less common than other forms of abdominal distress, but it can be an important warning of such serious trouble as inflammation of the appendix or gall bladder, for example, or bleeding into the abdominal cavity. Any steady, continuing abdominal pain always requires speedy medical investigation.

Dealing with minor stomachaches.

Since abdominal distress can have so many possible sources, the diagnosis of any severe, persisting stomachache is clearly a job for a physician. But the vast majority of stomachaches are minor in nature and can

continued



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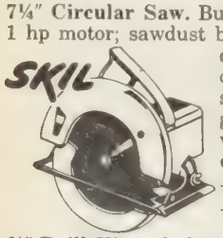
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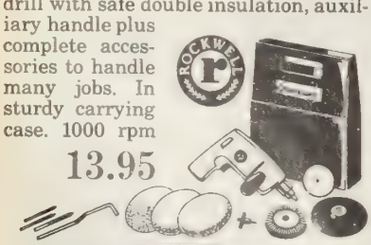
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continued

Stomachaches

often be safely treated with simple remedies—as long as certain precautions are kept in mind. The following are a few of the more common causes for minor stomachaches:

Overindulgence. Perhaps the most familiar of all stomachaches result from overindulgence in food or drink. Sometimes called "acid indigestion" or "dyspepsia," these episodes commonly occur soon after an excessively large, spicy, or indigestible meal. Symptoms may include aching in the upper abdomen, a sensation of fullness or bloating, heartburn, belching, nausea, and sometimes even vomiting. Some people suffer such stomachaches on the morning after an evening of overindulgence in alcohol as a part of the "hangover." Others may have learned to expect such episodes whenever they eat even modest quantities of certain foods—cabbage, onions, rich desserts, or fatty foods, for instance.

Although these stomachaches can make you thoroughly uncomfortable, they're usually self-limited and gradually subside without requiring treatment. Often a small amount of common antacid medication helps speed recovery. Most overindulgence stomachaches can be prevented by moderation at the dinner table. Certainly, anyone who knows that certain foods upset his stomach would be smart to avoid the offenders.

Occasionally, an overindulgence stomachache may become progressively more severe and painful, despite the use of antacids. This can occur when the stomach lining has been so irritated or distended that gastric movement comes to a temporary halt, and the stomach becomes increasingly dilated with accumulating gas and digestive juices. Any episode marked by progressive bloating and steadily increasing pain should have a doctor's attention without delay. Often this condition can be relieved by appropriate medication, but occasionally the doctor may have to empty the patient's stomach artificially to restore the digestive mechanism to normal. Similarly, anyone who suffers a recurrent pattern of acid indigestion should see a doctor to rule out such possible underlying causes as peptic ulcer or gall bladder trouble.

Constipation is another frequent cause of minor stomachaches. Symptoms usually involve little more than a vague sense of fullness and discomfort in the abdomen, and a feeling that a bowel movement is desirable but can't be accomplished. When the constipation is prolonged, there also may be cramping lower abdominal pain. The discomfort arises from distention of the lower end of the colon and the rectum with firm fecal matter, and disappears as soon as the feces are evacuated. Contrary to the common misconception, poisonous material is *not* reabsorbed into the body even when the constipation is persistent.

Most people can avoid constipation by eating a well-balanced diet at regular mealtimes, taking adequate fluids with meals, and establishing regular bowel habits. When constipation does occur, it can often be relieved simply by adding such naturally laxative foods as fresh fruit, prunes, or bran cereals to the diet for a day or two.

When more active measures are necessary, the use of a small prepackaged chemical enema, available at your drugstore, usually will do the job. Laxatives, which artificially stimulate intestinal activity, can also be helpful. Used too frequently, however, laxatives may cause the bowel to lose some of its natural movement and constipation can become chronic. Because laxatives can dangerously complicate such conditions as acute appendicitis or diverticulitis, it is, in fact, a cardinal medical rule that you should *never* take a laxative when you have abdominal pain except on the specific instructions of your physician.

Anyone who suffers frequent episodes of constipation should consult a doctor, not only to search out any contributing causes but also to help reestablish a normal healthy bowel pattern. Pregnancy is frequently complicated by persistent constipation, and special measures may be necessary to control it. Feverish illnesses may lead to constipation because they dehydrate the body, an important reason for drinking extra quantities of fluids whenever you have a fever.

Intestinal movement may become sluggish simply as part of the aging process. Occasionally a person suffering from prolonged constipation may develop a *fecal impaction* in which a large mass of compacted fecal matter obstructs the rectal outlet and requires medical attention for relief. Such complications can be averted by checking with your doctor any time an episode of constipation seems to you to be excessively prolonged.

Gastroenteritis. These stomachaches due to intesti irritation or infection, and they relatively minor in nature. Ty cally an episode of gastroenter involves cramping abdomi pain which comes and goes, companied by diarrhea or passage of gas or both. This ty of stomachache is not ordinar related to meals or particu foods, and may be temporar relieved by each loose bov movement.

Usually this kind of stomac ache results from a mild bac rial or viral inflammation of t intestine and goes away in a f hours without requiring tre ment. It also may result from ritation of the digestive tract excessively spicy, coarse, or lax tive foods. Rest, a bland diet, a plenty of fluids help spe recovery.

More severe cramping a diarrhea, sometimes accompa ied by nausea and vomiting, c signal an acute bacterial fo poisoning caused by eating fo contaminated by staphylococc or salmonella organisms; ev some viruses can cause acu distress.

Whenever the cramping acutely painful, with copio diarrhea—or any time that bloo or mucus appear in the stool—physician should be consulte He can prescribe any of a varie of medicines to relieve the inte tinal spasm and stem the diarrhe An antibiotic or a sulfa prepar tion may also be necessary combat an active bacterial infe tion. Occasionally a single sourc of food contamination can caus an outbreak of acute food poisor ing among a number of people.

Serious stomachaches.

Although most stomachache are mild and self-limited, certai patterns of abdominal distres may herald more serious troubl and should have a doctor's a tention any time they appear Among these are the symptom commonly related to peptic ulce disease and the kind of abdomina pain caused by peritoneal irrita tion, including appendicitis.

The ulcer pattern. Pepti ulcers can cause a wide variet of symptoms, but these often de velop in a very characteristi pattern. Most typical is the re currence, day after day, of a dull gnawing pain in the pit of th stomach just below the ribs, ofte accompanied by nausea, belch ing, or heartburn—an acid burn ing sensation felt at the base o the esophagus.

continued on page 18

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WIKI WIKI TUNA SALAD

- 1 can (20-ozs.) Dole Pineapple Chunks, drained
- 2 cans (7-ozs. each) tuna, drained, flaked
- 1 cup green pepper chunks
- 2 Tbsp. chopped pimiento
- ½ cup Miracle Whip Salad Dressing
- 2 Dole bananas, sliced
- 1 large head lettuce, cut in 6 slices

Combine pineapple, tuna, green pepper, pimiento and Miracle Whip. Chill. Before serving, add bananas; toss lightly. Serve on lettuce; top with additional salad dressing, if desired. 6 servings.

SHRIMP SALAD WAIKIKI

- 1 can (20 ozs.) Dole Sliced Pineapple
- 1 cup Miracle Whip Salad Dressing
- 2 Tbsp. chopped parsley
- 1 quart torn assorted greens
- 2 cups cucumber sli
- 1 lb. frozen, cleaned shrimp, cooked
- 2 or 3 Dole bananas
- 2 Tbsp. lemon juice

Drain pineapple, reserving 3 tablespoons syrup. C bine Miracle Whip, parsley and reserved syrup; mix Chill. Arrange greens in bottom of shallow salad b stack pineapple in center. Arrange shrimp and cucum around pineapple. Chill. Before serving, peel bana cut in half lengthwise; dip in lemon juice. Arrange salad. Serve with dressing. 4 to 5 servings.



KONA HAM HAWAIIAN

- n (20-ozs.)
- le Pineapple unks
- p Miracle Whip lad Dressing
- spoon dry stard
- 2 cups ham strips
- 1 cup celery slices
- 2 cups strawberry halves
- 2 large Dole bananas, sliced

pineapple, reserving 2 tablespoons . Combine Miracle Whip, mustard reserved syrup; mix well. Combine pple, ham, celery and strawberries; lightly. Chill. Before serving, add nas; toss lightly. Serve in lettuce- bowl; top with dressing. 6 servings.

Dole BANANAS

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SLICED PINEAPPLE

continued

Stomachaches

Characteristically, these symptoms arise a few hours after meals, when the stomach is empty. The victim may even be wakened from a sound sleep at three or four in the morning. The symptoms are typically aggravated by such things as coffee, alcohol, spicy or fatty foods, onions, or cabbage. Often the distress can be dramatically relieved by taking a glass of milk, a small amount of bland food, or an antacid preparation.

This pattern of symptoms doesn't always mean that an ulcer is present. A person with gall bladder trouble, for exam a hiatus hernia (where a the stomach periodically trudes up through the diap may suffer similar distress tional tension alone can a for these symptoms, and times no cause can be fo all. Nevertheless, when symptoms occur they sho investigated by a doctor delay. If an ulcer is presen be effectively treated, ofte a conservative medical pr And even when no specific for the symptoms can be a sensible medical progr diet and medication can lasting relief.

The real danger is to such symptoms—or try with them. Then what easily controllable situati become a serious medical gical emergency.

Peritoneal irritation. A more ominous pattern of toms can arise when th toneal membrane lining th men and covering the g testinal organs becomes in or irritated. In acute appen for example, the peritoneu ering the appendix and t jacent intestine becomes in and swollen. The first sign i a vague, generalized stoma that initially seems to invo whole abdomen. The pai to be steady and continui cramping, and seems to b worse by body motion.

Typically, the victim fe erally ill, with a degree or fever, and may have one episodes of vomiting. As t becomes progressively m vere it may gradually loc focus at a point in the righ abdomen and be sharply vated by any jarring or m the trunk. Diarrhea is no narily a part of the pattern bowel movement does litt lieve the distress.

Whether this kind of st ache develops slowly over hours or occurs very su and severely, it is character peritoneal irritation fron source, and requires exper ical attention without dela pendicitis is by no mea only possible cause; per irritation can arise from a of sources, some more than others. But any stead sisting, or increasing abd pain means a doctor m called. Food and fluids kinds should be withhel the doctor has been see thing in the patient's s may postpone vital s treatment) and neither l nor enemas should be u cept upon instructions. ■

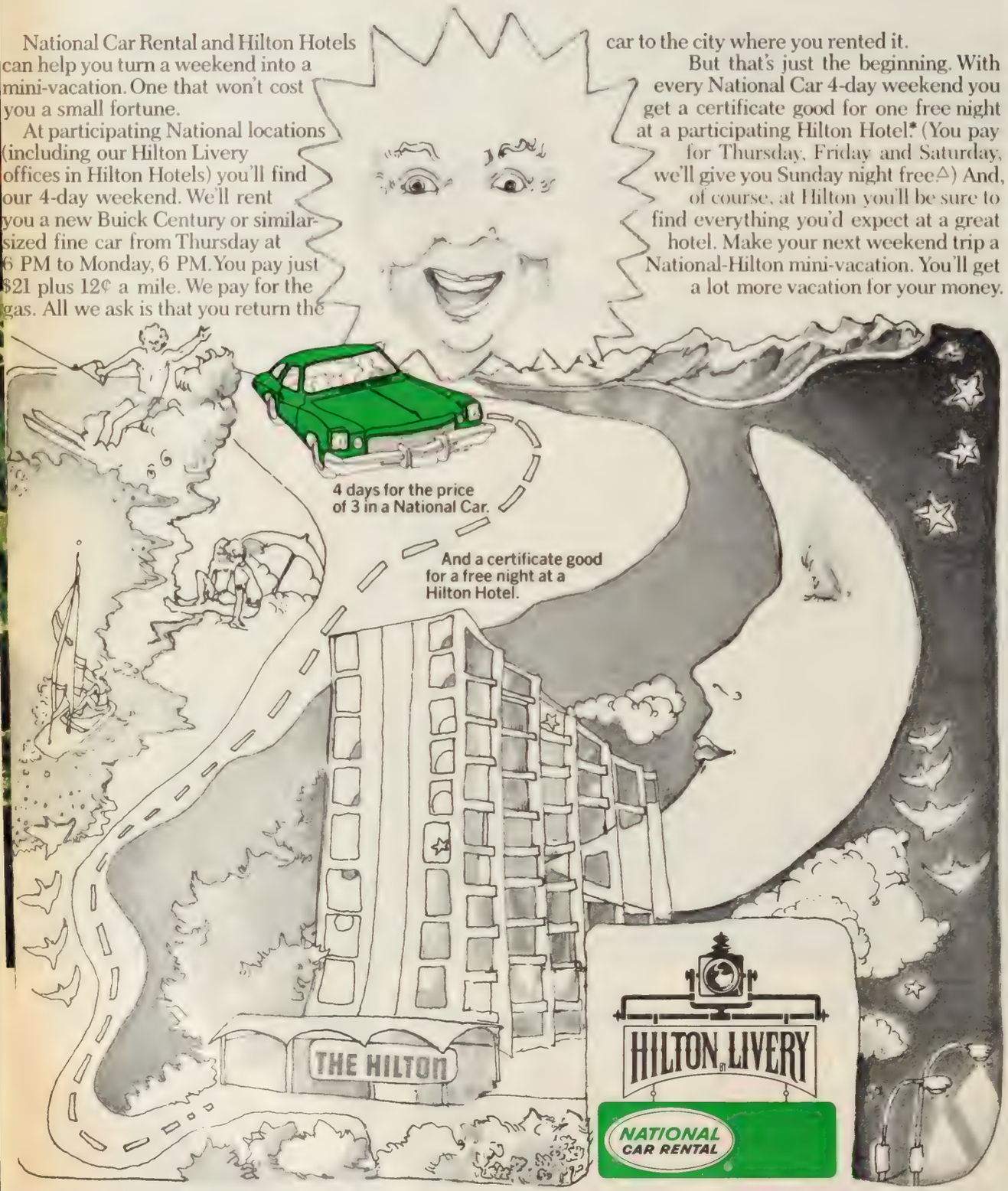
(Written in cooperatio Alan E. Nourse, M.D.)

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OKS

nch Fried
nond
rimp

Robert Schiller, a stock- from Pleasantville, New entertains his clients and he likes to serve unusual ers. This one starts with an nt that's versatile and ally appealing, shrimp in ll. First he peels the un- shrimp, leaving the last and tail intact. Next he s a seasoned flour mixture l with pepper, coriander, lic powder. Instead of the read or cracker crumbs, ground blanched almonds the breading. Then the are deep fried and served oy sauce-horseradish dip- ests may use chopsticks or for the dipping, but you'll o provide napkins for cleanup.

Dieter



H FRIED ALMOND SHRIMP

- e fresh shrimp in shells ut 1 pound)
- all-purpose flour
- oon salt
- poon ground white er
- poon ground coriander
- poon garlic powder
- spoon cooking oil
- (3 ounces) finely nd blanched almonds

hrimp without removing d last joint of shell. Split down back to the last shell nd remove vein. Combine alt, pepper, coriander, and powder; coat shrimp. Chill. ne eggs and oil. Dip shrimp mixture, then in almonds. deep hot fat (375) for 2 to utes. Serve with a mixture sauce and a little prepared adish as a dipping sauce, ed. Makes 24 appetizers.

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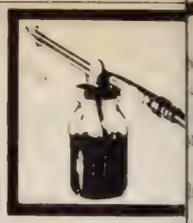
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GARDENING IN JULY



You may be preoccupied with vacation plans, but don't forget your gardening! After all the work you've put in, you don't want to leave your plants and lawns to the ravages of hot weather, weeds, and insects.

Water wisely

One of the most important parts of outdoor gardening this time of year is proper watering. Since rainfall varies so much, even year to year in the same location, you'll have to judge the requirements of your own situation. Too little or too much moisture will cause problems. Light sprinkling every day will encourage surface rooting—and such roots are of little help to plants in hot, dry weather. Too much water, particularly in poorly drained areas, can cause roots to rot and die. In fact, plants die more quickly in a waterlogged spot than in one deficient in water.

Time of day for watering is not as critical as other considerations. Usually, early morning is the best time. Midday watering is not so good because there's more loss through evaporation. Watering late in the day may encourage diseases, especially in muggy weather when the surface water on leaves does not evaporate before evening.

Do not attempt to water an established lawn by hand-sprinkling with a hose. This method usually results in too little water, which may be a temporary refresher but probably will do more harm than good. Use a mechanical device, such as a traveling or oscillating sprinkler that will apply a fine mist over a wide area. Let water penetrate several inches into soil. In flower and rose beds, use a fine spray sprinkler, directing the spray toward the soil. Check depth of penetration with a spade. To give shrubs and trees a thorough watering, attach a hose to a hollow rod with perforations at the end. Plunge it into the soil about a foot or two around the plant in several spots.

Look for spider mites

Now's the time to start examining shrubs and ornamental plants every week for red spider mites. If the leaves of plants look scratched and grayish and fine webs are visible, then mi are probably at work. They su out juices, remove green chlo phyll, and often form cobw among the needles of evergree

Since spider mites are alm microscopic, it will take so effort to see if they really are cause of the trouble. Hold piece of plain white paper un a branch and tap the folia with a stick or your hand,

Photographs: St



shown. If spider mites are pr ent, at least a few will fall o the paper and be visible.

Hot, dry weather encoura rapid buildup of red spider two-spotted spider mite) so to check plants at least onc week. The south side of a pl is usually the most vulnera

Watch out for spider mites evergreens and other plants, cluding phlox, roses, ageratu verbenas, and violas. Evergre with fine and compact foli seem to be the most comm victims. To control mites, ap miticides or systemics. (Av using systemics on food plan Spray with malathion, or ot recommended chemicals av able at garden stores. Alw follow directions for safe h dling and prescribed amounts

Watch out for poison ivy

Though poison ivy is m common in woods, camp areas, and parks, it may be ri in your backyard or gard growing as a vine or shr Identification is not diffic Just look for ivy-like leaves cluster of three leaflets, arran alternately on the stem. member the old saying—"lea three, let it be." The dark gr leaves are glossy and waxy. the fall they turn bright red yellow; the berries are w white and hang on the s through winter. Some people come infected through con with crushed poison ivy lea broken stems, smoke from bu ing plants, or even animals

een around it. Diagnosis difficult. Ivy poisoning intense itching, followed tering.
most effective protection ication of the ivy, which



ly done with chemicals. chemicals can be applied plant leaves during the g season. Herbicides can chased under several trade for poison ivy control—d follow instructions. For growths, you can use a spray as shown. Whatever you use, choose a day he air is calm to minimize other plants. Where poi-y grows close to other you can apply herbicides small sponge. If new appears, use the same ent. This is more effective rubbing out the plant be-hat entails eliminating the control of poison oak and sumac is basically the s for poison ivy.

er rose care

is probably the most im-t thing to a rose this time r. If possible, avoid wet-oliage because this will age mildew. Spray with icide every ten days or so trol black spot. Snip off looms and suckers, which up from below the graft se stem and take over if moved. To extend the ng season of roses, sup-eded moisture, drainage, ne, and space for roots to Light feeding with plant fter the early blooming is



more bloom from climb-ses, keep canes tied up upported horizontally, as in photo above. Tea roses continue to bloom all with a little help. In late ou might do some light g, mostly of twiggy growth. This effort should reward you with roses from now until frost.

Dahlia care

One of the best ways to help dahlias produce large flowers over a long blooming period is to feed them every four weeks. It doesn't matter whether they have been grown from tubers or seedlings set out earlier this year. Dahlias are heavy feeders—which is apparent from the size of plants and flowers. Whatever type of plant food you use, apply liberal amounts of water before and after. Cut off the old blossoms (this applies to fuchsias, too). The more you cut off, the more the plants produce. ■

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CHICKEN. Cook 5 lbs. of Shake 'n Bake chicken the night before. Eat half for dinner. Refrigerate the rest till it's time to go.

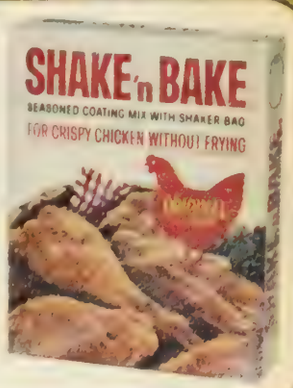
SALAD. Green bean vinaigrette. Cook 2 packages of Bird's Eye® Frozen Green Beans, according to package directions. Marinate with Good Seasons® French Salad Dressing Mix. Refrigerate.

BREAD. A big loaf of French bread, buttered and refrigerated the night before.

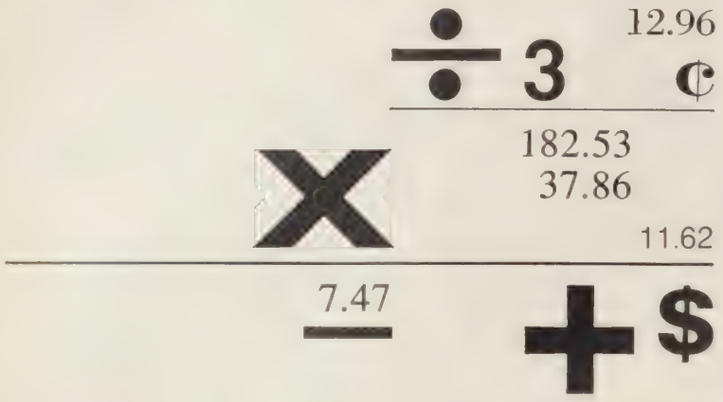
BEVERAGE. A 2-quart thermos of Kool-Aid® brand Soft Drink Mix, or six cans of your favorite soft drink.

DESSERT. A box of cookies (a non-melty kind) and assorted fruit: grapes, apples, bananas.

P.S. Take extra paper plates, napkins, plastic knives and forks (the kids could lose some), and a sharp knife, salt and pepper. Don't forget suntan lotion, band-aids and bug repellant.



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Some expert tips on balancing your checking account

You're no doubt familiar with the procedure for balancing your checking account and reconciling it to the bank's monthly statements. You also probably know the head-scratching frustrations of finding those figures failing to match up. What can you do?

Two cautions, right from the start:

- Don't delay in trying to balance your account. Tackle it when the statement arrives. The longer you put it off, the more complicated the procedure, because you'll have made more and more transactions that will not appear on the current statement.
- Don't make erasures or corrections in your checkbook as you find errors. This often leads to more errors and confusion all through your records. Instead, find the errors first and note them on a separate sheet of paper. You can integrate the facts later, at the proper time.

How do you find the mistake? First, look for obvious omissions or recording errors that you (or the bank) have made. Go through the checks that you put in numerical or dated order when you first tried to balance the figures. As you turn over each check, put a recheck mark next to the item in your checkbook. You may find you have forgotten to account for an outstanding check, or you wrote the check for a different amount from that on your stub. Look for outstanding checks from previous months, too.

Compare the amount you have written on every check with what the bank has noted as its payment. It's possible the bank has wrongly debited your account with someone else's check, due to a name similarity or mix-up of account numbers. As miraculous as computers are, it still takes human beings to feed the information into the system. And human beings do make mistakes.

Check to see that your list of outstanding checks matches your records in the checkbook. Does the list itself add up correctly?

See if you forgot to deduct non-check items from your checkbook: insurance payments, loan payments, automatic savings plans, service charges.

Now, look at your deposits and compare with your deposit slips, if you've saved them. Did you record all you made in your checkbook? Does the bank's deposits column jibe with what you've recorded? Have you accounted for deposits not made in time to be on this statement?

If you have an automatic loan provision, and you went into those reserves that month, did you record the loan deposit in your checkbook?

Once you're sure you have accounted for all entries both in your checkbook and on your statement—and there still is a difference—the problem probably is faulty math. To find out, subtract the two numbers: your adjusted bank statement and your checkbook balance. This difference may give you the clue. *(Be sure to look over the arithmetic on your reconciliation figuring, as well as in your checkbook.)*

- A difference of one or two in any column of figures is likely to be an addition error. Re-add all figures.
- If the difference is divisible by two, it's possible you added instead of subtracted, or vice versa. Look for the one-half amount in your column of checks drawn or deposits made, as well as in your list of outstanding checks and deposits not listed on the bank's statement.
- Is the difference divisible by nine? If so, you may have transposed figures somewhere—that is, reversed them. For example: Your statement shows a balance of $1,521. Your checkbook balance is $1,251. The difference between the two numbers is 270. That's divisible by nine, so you probably have a transposition someplace. It may be a check,

continued on page 28

Death in the family: how to be financially ready

When a family member dies, it's a time of deep shock for the survivors. Just when personal grief may make decisions most difficult, there are a number of important actions to take.

Knowing in advance what to expect is important for every family. So is understanding what the wishes of the deceased were. Though unpleasant, it is very important to plan and talk over such matters as a family. Let each of you state your wishes. Explore facts such as location of important papers and names of people to contact. Plan to complete essential activities, like drawing a will and writing a letter of last instructions.

As you talk, avoid being too rigid with your requests. Remember, each family member will have his own sense of loss to deal with. Feeling bound to overly dictatorial demands can only cause more grief.

If you share such communication now, each of you will be prepared to take the necessary steps when the time comes:

Finding important papers

- *The will.* No matter how modest your estate, you and your wife both should have wills and appoint executors who will ensure that the provisions of your wills are fulfilled. You should obtain legal aid for drawing up your will, but the executor need not be a lawyer. Instead, you may want a trusted friend, a member of the family, or possibly the trust department of your bank. At the time of death, contact the person named executor. (He should have been advised of the role when the decision first was made.)

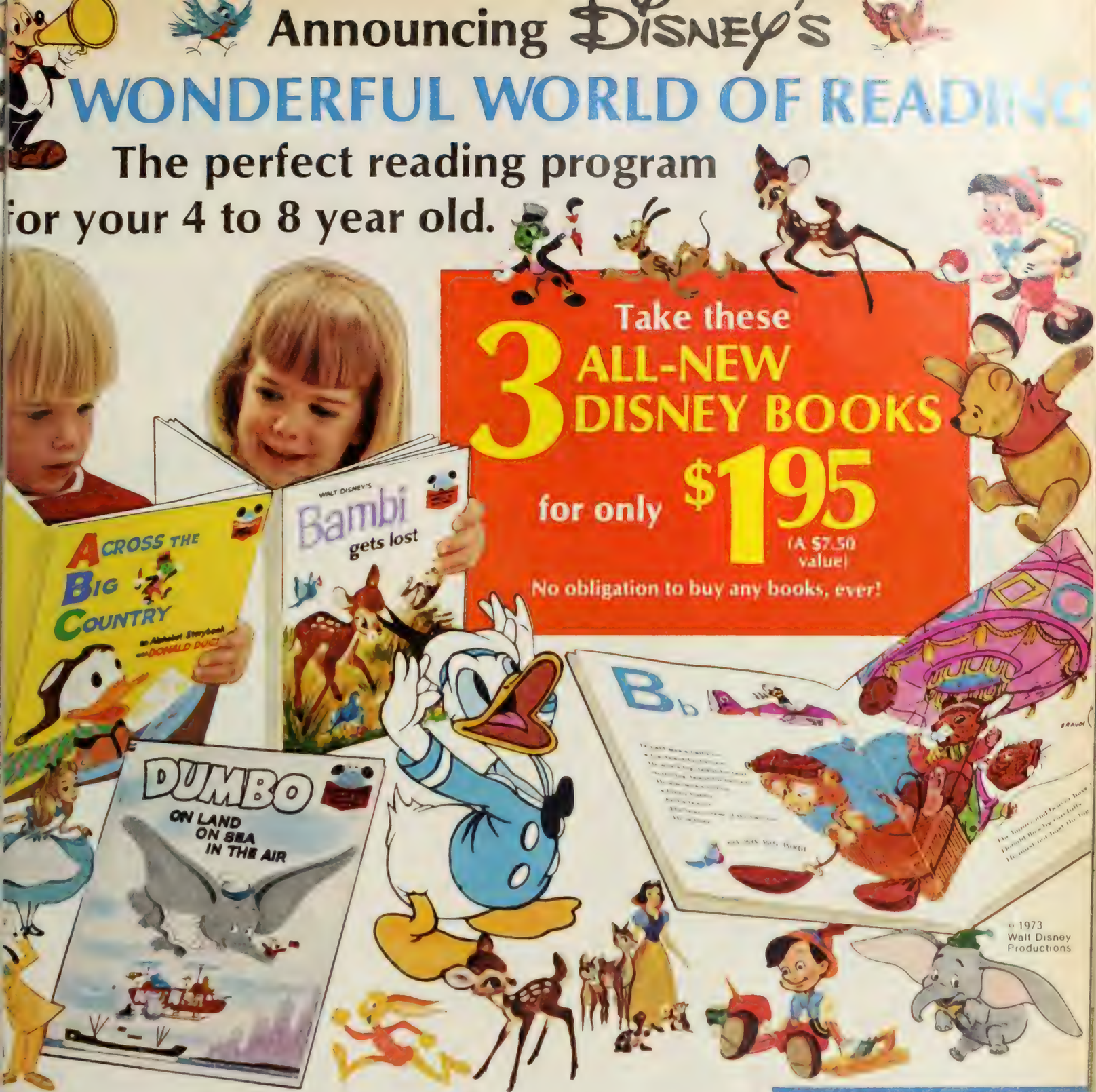
Signed copies of your wills should not be kept in your safe deposit box, for in many states the box may be sealed for a few days. You can keep an unsigned copy there, if you like, but be sure your lawyer or someone else has the originals and that you each know where they are.

- *Last letter of instructions.* This can include all sorts of informal instructions, written in much more personal terms than a will. The letter may describe wishes about the funeral and burial. (Again, preferences rather than rigid orders are desirable.) Instructions may list sources of ready cash, insurance policies, names and addresses of people to contact, what experts are aware

continued on page 28

Announcing Disney's WONDERFUL WORLD OF READING

The perfect reading program for your 4 to 8 year old.



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w your 4-to-8 year old can discover how much fun it is to is own, while he and Donald Duck tour the country from hile he and Bambi wander through the animal kingdom to hy otters slide, but birds glide. And while he and Dumbo an entire circus by truck, boat, plane and helicopter. All his reading skills will be growing *naturally*, because he ery fascinating, carefree moment of it.

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Child's Name (please

Address

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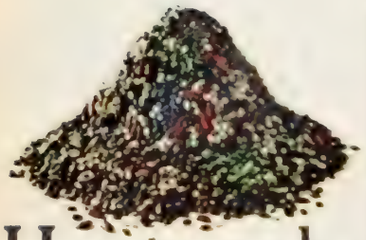
Squeez-a-Snak is fun for camping. Squeez-a-Snak process cheese spread never needs refrigeration, even after it's opened, so you can take along any of the six flavors for a hearty on-the-road snack.

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City

State Zip

begins on page 22

Checking account

deposit, or forwarded balance error.

- If the difference between your checkbook balance and bank statement is divisible by nine or 99, it could also be what is called a "one-column" or "two-column slide." You wrote the right digits, but your decimal point was in the wrong place. Example: You put $39.90 for $3.99 or $399.00.
- If you still find yourself with a difference, make a comparison sheet against the bank's statement. On a separate piece of paper, list all checks you have written for the period of reconciliation. Total them up. List all deposits for the period. Total them up. Add and subtract them from your opening balance. Compare to your bank statement. (A calculator makes this tedious procedure quick and easy.) You should be able to pinpoint errors. If not, take all your records to the bank—and soon.

How do you correct mistakes?

First, list all of the errors, marking them plus or minus on the checkbook page at your reconciliation point. The list of errors corrected should come to the same final amount as the difference between your records and the bank statement. Note the difference at the end of your period of reconciliation in your checkbook. Then adjust your last figure in the checkbook by that difference, so that the balance is now corrected as of that date.

Example: You found the following errors: a transposition that put $45 in your favor; an omission of a $25 check written to the supermarket; a deposit added incorrectly, giving you $100 more than you originally had accounted for; a bank charge of $2.93 not deducted. Instead of making numerous erasures, adjust and note your errors together.

transposition	+	$45.00
supermarket	−	25.00
deposit 11/2/72	+	100.00
bank charge	−	2.93
		+$117.07

Make a note of $117.07 on the page of your date of reconciliation. Then, actually add in $117.07 to your last figure in your checkbook balance. ■

begins on page 22

Death in the family:

of your family's financial affairs, and so on.

At least a copy of this letter should be in some place other than your safe deposit box, and your spouse and someone else should know where it is.

- *Ready cash.* To defray initial expenses, there should be some money in a checking or savings account, or some other liquid form, that is in your name or your wife's name only. That's because at least half of any joint account with the deceased's name on it (as well as all of any account in his name alone) could be frozen for a few days for tax purposes. At-hand information about insurance policies is essential for this reason, too, since the actual policies may be sealed in your safe deposit box for a few days.

Planning the funeral

What type of funeral to hold will be one of the most important decisions, and it may be a good idea to discuss individual preferences now, as well as outline them in a letter of last instructions.

Most cemeteries are long-established, reputable institutions worthy of your trust, but there are some organizations of questionable reputation and taste. It's a good idea to check with your local Better Business Bureau, a reputable mortician, or the municipal agency which regulates cemeteries. This is a decision for family involvement. Also, any contracts should be carefully examined—preferably by a lawyer.

What about costs?

Plots can cost from just under $100 to hundreds or even thousands of dollars, depending on size, desirability of location, and whether you choose a simple plot or a site for a family mausoleum. Prices also vary considerably according to region and the responsibilities assumed by the cemetery. In New Orleans, for example, there are rows upon rows of vaults—all aboveground. The reason: the city is below sea level.

The traditional ground burial, in addition to the cemetery expense, can cost you from $300 to $1,500—whether quoted in a single fee or fragments—and more, if you wish. The cost depends principally on the nature of services, facilities, automobiles, other equipment, grave marker, attendants, travel requirements, and casket. In some states, the law says funeral expenses must be itemized or enumerated. Whether it's law or not, your funeral director should advise you, in writing, of the price and what is included in it. Embalming and cosmetic work are standard, almost routine, practices, but not often required by law.

One major expense can be the casket. Typically, costs range from about $450 to $2,000 or more. However, you have the right to choose a simple pine box, or "container," as it is called in the profession. Such a box would cost less than $100, but you probably will not find one readily available in a funeral home.

Cremation may cost as little as $75 for the actual process. With the usual funeral ceremonies though—casket for viewing, limousines, preparation and transport of the body—cremation may end up almost as expensive as a traditional burial. You will have a wide choice of urns for the ashes, with prices ranging from under $100 to hundreds of dollars for the more ornate.

Cremation usually is thought of as an optional alternative to earth burial, not a substitute for a funeral. If cremation is to be only a destructive process, without ceremony, your funeral director can make arrangements.

On the average, motor vehicles for a funeral cost from about $25 to as much as $85 each, depending upon whether they are owned or rented. Sometimes union requirements affect the price, too.

Surprisingly, there is a charge for death notices in your local paper. These will run anywhere from $6 to $7 in a smaller town, to $25 and $30 or more for a one-time appearance in a large city.

How will you pay?

If you have an insurance policy, line of credit, or cash in the bank, you'll be in a much better position than if you are forced to finance funeral expenses. Most morticians will be as helpful as possible, but they tend to discourage long-term financing because it may encourage you to spend more than you should.

There probably is a death payment due from social security (up to $255) and one from the Veterans' Administration, if the deceased was in the armed services. Call the local offices of each administration for details. (Your funeral director also may know what to do.)

If you or your wife want to look into prepaid funeral plans, exercise great caution. Examine the contracts closely, preferably with your lawyer, and also check with the Better Business Bureau.

What about after the funeral?

Unfortunately, the ordeal is not yet over. There still are details concerned with settling the estate, filing for insurance, locating policies and other papers, settling unpaid debts. A lawyer's assistance is crucial at this time. ■

Family Money Management Next Month:

- Personal bankruptcy: what you should know
- How much money should you put down on a house?

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Buying information, page 108

your tiny demitasse
ion for this delightful
g idea—*Chocolate-*
ries served with *Spiced*
offee

E DIPPED BERRIES
k chocolate *or*
white almond bark
h strawberries
is



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eavy saucepan, over
heat, melt chocolate,
onstantly. DO NOT
Y LIQUID. Remove
t. Dip berries into
by holding onto stems.
axed paper-lined bak-
Chill till ready to serve.
th sharp knife.

IENNESE COFFEE
spicy coffee that's
remembered—
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ons sugar
oves
ick cinnamon
water
ream (optional)
namon (optional)
m saucepan, combine
wder, sugar, cloves,
stick, and water; bring
. Remove from heat;
5 minutes. Remove
h slotted spoon. Reheat
ur into demitasse cups.
, garnish with a dollop
ed cream and sprinkle
y with ground cinna-
es 6 servings.



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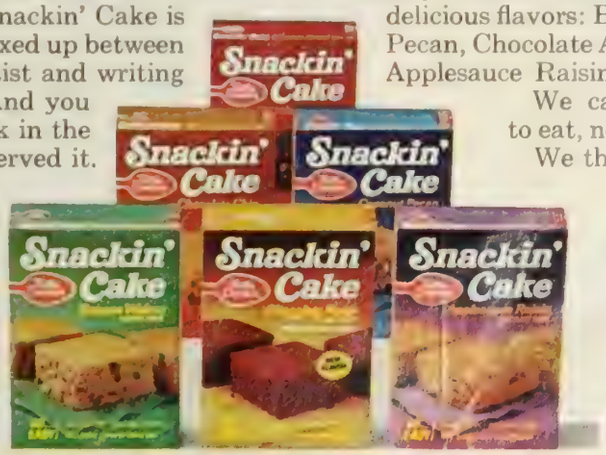
To you, Betty Crocker Snackin' Cake is the cake you might have mixed up between taking the kids to the dentist and writing your letter to the editor. And you mixed it up with just a fork in the same pan you baked and served it.

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A quick guide to dog and cat vaccinations

Thanks to immunization with vaccines, polio and smallpox have almost been eliminated from the American scene. The same thing can happen with many diseases of household dogs and cats—if their owners see to it that they get the necessary vaccinations. Before you even decide on a name for your pet, set up his vaccination schedule with your veterinarian.

Rabies

All warm-blooded animals are susceptible to this fatal disease. Stray dogs and cats are more likely to contract rabies because they may come into contact with wild animals such as skunks and raccoons that often carry the disease. Yet, it's imperative for all domestic pets—both dogs and cats—to be vaccinated against rabies. The disease is transmissible to humans, and there is no treatment for an animal who already has the disease.

Most of us visualize a rabid animal as one that is frothing at the mouth, lunging, lurching, and attacking everything in sight. This is sometimes true in the last hours of the disease, but earlier he may just appear listless and generally sick. As he loses control of his pharyngeal muscles (used for swallowing), he'll drool excessively. The sight of water causes a painful reflexive spasm of these muscles, hence the term "hydrophobia." An animal suffering from this form of the disease—aptly named "furious" rabies—will want to be left alone. Rather than go out of his way to attack other animals or people, he typically may just snap reflexively when bothered.

There's another equally deadly form of rabies that leaves the animal extremely depressed and docile, and not at all vicious. This type, appropriately named "dumb" rabies, is almost impossible for you to detect. Regular rabies vaccinations protects your pets from both forms of the disease.

The time to have your pets vaccinated against rabies is between four to six months of age.

Canine distemper

This infectious disease occurs throughout the world and is very contagious among dogs. Distemper is caused by a virus that affects a dog's respiratory tract and brain. Some of the signs of this highly fatal disease are: bloody diarrhea; a pus discharge from the eyes and nose; pneumonia; lack of appetite; severe depression and, in advanced cases, convulsions.

Young puppies and mature dogs alike are susceptible to distemper, although some animals seem to develop a degree of immunity with age. Because of the high fatality rate among puppies that have contracted the disease, vaccinations against distemper should begin as soon as a pup is weaned. While a puppy is nursing, some protection is passed along in the mother's milk. For this reason, non-nursing dogs should receive vaccination protection as soon as possible. Your veterinarian will outline a complete vaccination program for distemper and several other dog diseases during your first visit. But remember, your puppy should begin getting vaccinations at about six weeks of age (or when nursing is completed).

Infectious canine hepatitis

This virus disease primarily attacks the liver tissue of a dog. Fortunately, the virus does not infect man. The mortality rate of hepatitis is lower than that of distemper, but the diseases may occur simultaneously in a dog. Dogs of all ages are susceptible to infectious canine hepatitis, but most are infected early in life. Infection during the first few days after birth may result in sudden death.

Dogs with hepatitis may display the same symptoms as dogs infected with distemper. As with distemper, nursing pups are protected during their nursing period. Immunization is recommended at the time your pup receives his distemper vaccination.

Leptospirosis

This is a disease of both dogs and man, so vaccinating your pet is extremely important. Leptospirosis is transmitted through contact with urine of infected animals. Typical characteristic signs of the disease include vomiting and diarrhea, dehydration, and depression.

The vaccination for leptospirosis isn't as potent (or effect as the vaccinations for either temper or infectious canine he atitis. However, because ther the possibility of human tr mission, puppies should be cinated against this disease part of this overall immuniza program.

Feline enteritis

A highly contagious viral dis of cats, feline enteritis (someti called feline distemper or leukopenia) is characterized short illness and sudden d Cat distemper and dog diste are two different diseases can't be transmitted between and cats.

Initial signs of the diseas clude high fever, depressio vere diarrhea, and vomiting. recommended immunization cedure is to have kittens v nated when they're seven to weeks of age, and again fo six weeks after they have the first vaccination.

Pneumonitis

This very contagious respir disease of cats can be s through the air, by direct co or even by indirect contact tens are especially susceptib this disease. Its most ob signs are sneezing and coug discharge from the eyes and some loss of appetite and depression. Your cat will and act as if he has a bad co

The disease usually isn't although young undernou kittens with parasite infe may succumb to pneumonit other complicating factors. the vaccination is effective. respiratory infections close sembling pneumonitis ma affect your kitten.

As you can see, the list eases that pose major thre your kitten or pup is not one. You can provide ma protection against them al the help of your veterinari

Booster vaccinations most of these diseases sh given annually. And becau of the diseases—rabies a tospirosis—can be transmi humans, failure to get the vaccination might risk you being, as well as your pet. *(Written in cooperation wi Jackson, D.V.M.)*

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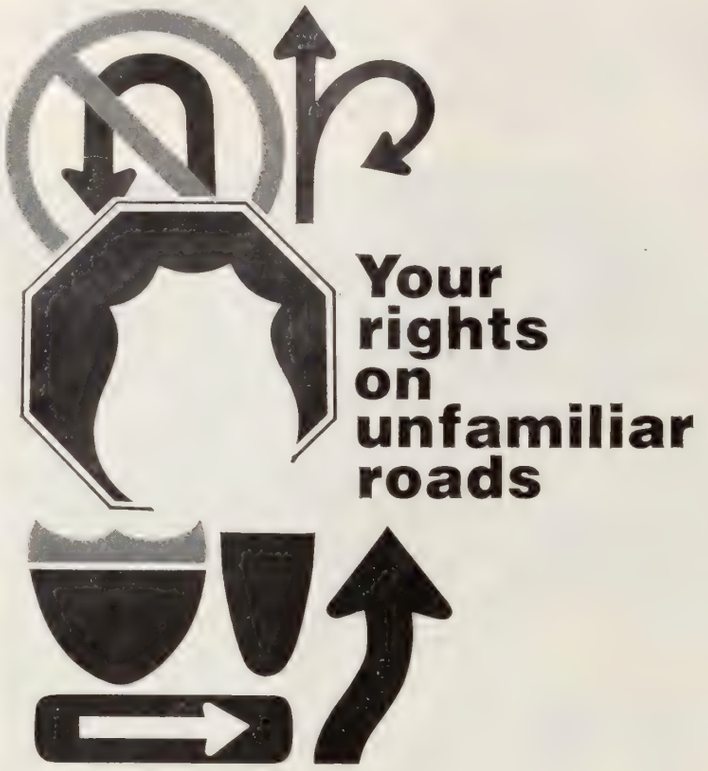
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Your rights on unfamiliar roads

You're 1,500 miles from home, returning to your motel after a lengthy—and pleasant—evening out at a popular night spot, and you glimpse a flashing red light in the rearview mirror. For even a peace-loving, law-abiding citizen, the next thoughts are chilling ones: Have I had too many drinks to be driving? Will they lift my license? Or will my home state find out—and add it to that pair of recent speeding violations? And whom can I trust for advice on what to do? Under the best of circumstances, a brush with the law in strange territory is an unnerving experience.

But remember you're still a citizen, so long as you're within the United States, and that counts for a lot. Here are some things you should know about your fundamental rights, and the state's.

Rights when stopped

Often, a signal to halt an automobile leads to an arrest—if the peace officer has reason to believe a crime has been committed or if, by the classification of the traffic violation in his state, your action was serious enough to warrant arrest. And an arrest involves a long string of constitutional rights. But police also have legitimate powers to stop a motor vehicle short of an arrest and these should not be construed as a threat if you've committed no infraction.

- Stopping you to inspect your operator's license is permitted. Drivers are generally required to show their licenses on demand. And it's usually a misdemeanor not to be carrying a valid driver's license.
- Halting a car for equipment inspection, say at state lines, is within the rules, and the same is true for requirements that vehicles be weighed. These acts generally aren't considered illegal searches.
- Checking an automobile registration is permissible. You must furnish the necessary information. And recent court decisions have recognized the officer's right to open the vehicle door to check the serial number or to raise the hood to examine the motor number.
- Even the act of issuing a traffic ticket may not be an arrest. That generally requires a bit more.

But stopping a vehicle for a legitimate reason doesn't automatically create an unlimited right to search and seize your belongings. Any contraband within plain view—drugs, alcohol, firearms, stolen merchandise, etc. may be seized. But a search beyond that takes a search warrant —unless you consent to the search. Even an inventory of an automobile impounded for a traffic violation was struck down in a recent California case as an unreasonable search.

The U. S. Supreme Court says searches may be carried out without warrants—

- if there was "probable cause" the automobile contained contraband and "exigent circumstances" existed
- if the car was impounded because of possible involvement in a serious crime

But the rules are relaxed a bit for searches at the international borders with Mexico or Canada. Mere suspicion's enough there.

If you're arrested . . .

You'll know it. And the rights you've heard so much about are yours, if it happens in the United States:

- the right to be taken before a magistrate without unnecessary delay
- the right to counsel and to have your attorney present during questioning; if you can't pay, an attorney might be appointed for you
- the right to be informed of charges against you
- the right to remain silent
- the right to be warned that anything said may be used against you

These sound like a formidable bill of rights for motorists in strange and far-off places. But an arrest happens fast, and your head may be reeling from confusion and apprehension.

The key point is your right to counsel. But how do you pick a lawyer in such exotic places as Gallup or Poker Flats or Piney Wood? Remember, if you're indigent, a lawyer may be appointed for a serious crime. If you can afford legal counsel, see if there's a referral service run by the local bar association. If there isn't, and you're allowed only one call, dial your lawyer at home for his words of wisdom. He may have the rundown on a list of attorneys in all states—it's standard equipment in most law offices. Otherwise, it's lottery in the Yellow Pages.

One further point on arrests. Even private citizens can make them in many states for clear violations. But it's a highly risky business. One slip—and the zealous citizen can be slapped with a civil suit for "false imprisonment."

Blood tests

After arrest, police may order blood or breath tests if there is suspicion of intoxication. And the Supreme Court puts them in much the same category as fingerprinting. Or walking a line. They're all permitted—if done in a reasonable manner. For blood tests, that means observing standardized medical procedures.

Some states ask for consent before blood tests, but then revoke the driver's license—after a hearing—on refusal to submit to the test. Also, in some states, you can request a blood test be taken after you have submitted to a breath test. It's asking a bit much for a motorist to be familiar with the laws of every state through which he travels. So, rely on your attorney, if you can get to him in time.

Meanwhile, back home . . .

After you've paid the price—or sat out a jail term—how much gets back to your home state? Most states apparently send report cards for serious violations back to the home state. And the home state typically considers those convictions under its own law for possible license suspension. So you may not be "home free" after squaring accounts with the friendly local court where you were picked up.

What if you're sued for damages?

If you make it to the state line before the person you hit gets his lawyer in gear and files a suit, are you invulnerable to legal prosecution? Hardly.

States have made it fairly easy to bring lawsuits against nonresidents for damages caused by motor vehicles. It isn't necessary to follow the defendant halfway across the country to do it. The suit may be brought where the accident occurred—and notice is sent through a designated state official to the defendant's last known address.

It's an implied consent theory: anyone using a state's highways is deemed to have consented to that state's legal jurisdiction.

If suit is brought, which state's law applies? Generally, it's the law of the state where the accident occurred. But there are exceptions. In a recent case, two New Yorkers were involved in a Michigan accident and the court followed New York law—New York had the greatest concern over the issues involved.

That decision can be crucial. For example, several states let non-paying passengers recover losses only if the driver was reckless or drunk. Some say simple negligence is the test. The choice of which state's law takes prece-

continued

When you sell yourself on a GE major appliance, you don't sell yourself short on service.



A service truck like a door-to-door warehouse. GE Service is a network of over 100 Factory Service Centers and 8,000 franchised servicers. GE factory service vans carry more than 1,100 parts. So nine times out of ten, they'll have the part you need.



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Now we can find the trouble in your refrigerator in minutes without messing up your kitchen. In the old days, you'd have ice cream in the sink and parts all over the kitchen. Now, most of our no-frost models have Rapid Electrical Diagnosis. A system that starts with a computer check of all electrical circuits at our factory. It lets our factory technician check out the main electrical components in about six minutes.



GENERAL ELECTRIC



3 hot ideas that bring home cooking out in the open.

Getting-away-from-it-all meals can be as good as the ones at home when you pack up Kraft Dinners with your supplies. So the next time you hit the road, try these easy recipes. You'll discover how much more appetizing "roughing it" can be.

KRAFT

Division of
Kraftco Corporation





Trail Blazer Dinner

Made with Kraft Macaroni and Cheese Dinner. The golden macaroni with its rich cheddary flavor blends perfectly with these easy-to-pack ingredients. A perfect one-dish camping meal that takes just minutes to cook up. And gives you more time to relax by the fire.

1 pkg. Kraft Macaroni and Cheese Dinner
2 4-oz. cans Vienna sausages, drained, sliced
2 tablespoons sweet pickle relish, drained

Prepare Dinner as directed on package, except using ½ cup milk. Add remaining ingredients; heat thoroughly. 4 servings



Woodland Dinner

Made with Kraft Deluxe Macaroni and Cheese Dinner. The golden elbow macaroni comes with its own can of golden cheese sauce. Add these few simple touches and you've got an outdoor gourmet dish. Serve with a salad fresh from a roadside stand.

1 pkg. Kraft Deluxe Macaroni and Cheese Dinner
1 pkg. Sour Cream Sauce Mix
1 2½-oz. jar dried beef, rinsed, shredded
1 2½-oz. jar sliced mushrooms, drained
⅔ cup milk
1 tablespoon instant parsley flakes

Prepare Dinner as directed on package. Add remaining ingredients; mix well. Heat thoroughly, stirring occasionally. 4 to 6 servings



One-Pot Spaghetti

Made with Kraft Spaghetti with Meat Sauce Dinner. Everything you need is in the package—pasta, Parmesan Cheese, and a can of savory meat sauce. Just remember your trusty can opener and a pot to fix this specialty of the house miles away from your house.

Prepare spaghetti as directed on package. Drain; return to saucepan. Add The Meat Sauce; mix lightly. Heat thoroughly. Serve with The Grated Parmesan Cheese.

Kraft Dinners, the good kind you cook up fresh

continued

Unfamiliar roads

dence can spell the difference between being exonerated or convicted in court.

This is also a key point for motorists from states with no-fault insurance. The choice of state law determines the liability rules. And until and unless all states adopt total no-fault plans, interstate travel will continue to expose drivers and owners to liability based on fault.

State laws, like fingerprints or snowflakes, rarely if ever dupli-

cate each other. Becaus infinite variation you s aware of the unique laws cause you trouble. Here of them:

- New York law requires attended vehicles have locked, keys removed, engine stopped. A rec cleared the way for rec an injured person ag owner of a stolen car w law was violated.

In most states, courts held owners liable for after an automobile wa But there have been sp cumstances—character neighborhood or great a of a vehicle, for examp justified liability.

- More than three-fourth states now require m operators to wear protec mets. The courts are div the constitutionality of requirement.
- Many states require a to stop, identify himself, der assistance after witne accident. The Supreme now says that's a consti requirement.
- Iowa requires towed weighing 3,000 pounds to be equipped with brak nesota, on the other ha poses the limit at 1,500 po
- California prohibits th "speed traps" to obtain e for prosecutions under th vehicle code for speeding
- Courts generally agree automobile illegally par private property can be re But damages caused by moval are generally reco Costs of removal? Depe the rights of the one do towing. Check state law.
- Does failure to buckle belt mean the person wa gent and that recovery barred? Courts are split Best advice: use seat bel shoulder harness too.

Fortunately, most peo through a trip without enc ing any of these hazards. A though some accidents a avoidable, there are som monsense practices that ca you skirt unexpected detai Use your head while you and follow these safety-r recommendations:

- Avoid evening and nigh ing as much as possible. Y better off after a good nigh and also avoid the most d ous driving hours.
- If you really don't have to stay put in a hotel or motel rain, snow, or ice condition vail. But if you must move just your driving to conditio
- Don't ever exceed the speed. ■

ORTHO wishes you a happy harvest.



Who thinks about harvest in the spring? Just about any home gardener who can tell an apple from a croquet ball. It's just good common sense to anticipate problems before they are problems. A good crop is pretty often the result of good planning.

Fortunately, you needn't go it alone. Today, ORTHO® backs you with the most complete line of garden and home products anywhere. There are dusts, sprays, plant foods, plus a variety of applicators to nourish and protect every inch of your outdoors. For example:



ORTHO Fruit and Vegetable Insect Control is for control of a broad spectrum of insects and mites on fruits and vegetables. Use it to get rid of such garden insect pests as codling moths, aphids, leafhoppers, and Colorado potato beetles to name just a few of them.

ORTHO Tomato Vegetable Dust protects tomatoes, melons, potatoes and certain other vegetables against many common insect pests. In particular: aphids, thrips, tomato fruitworms and Japanese beetles. In addition, it works against damaging plant diseases such as early and late blight, anthracnose, fruit rot and Botrytis rot. You can use it as a dust or spray.



ORTHO Home Orchard Spray is an outstanding multipurpose spray for apples, pears, stone fruits, strawberries and grapes. It's effective against a variety of insects and mites as well as such crop-damaging diseases as black rot, brown rot, scab and fly speck.

ORTHO Tomato Food is highly recommended for feeding tomatoes. It helps assure good growth and larger fruit. This product is available in both pellet and liquid form, whichever you find more suitable to your needs.

Of course there are a great many more fine ORTHO products to insure healthier crops and better yields. No, springtime isn't too early to start to think about protecting what you grow. In fact, it's the surest way to a happy harvest. There's a man who can be very helpful to you. He's your local ORTHO Dealer, an expert on growing things.

Introductory offer—$2.95 value for $1.00. Here's a book for everyone who grows vegetables. 112 pages, 48 pages of color pictures. Three regional editions: South, West, Midwest/Northeast. Mail $1.00 plus 25¢ handling per copy to Book Offer, P. O. Box 660, Dept. BH-7, Long Beach, CA. 90801. The regular suggested cover price will be $2.95 after October 1, 1973.



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AVOID ACCIDENTS READ THE LABEL AND USE ONLY AS DIRECTED

"She's really going for it!" Diane Blackman





"She's really going for it, isn't she!"



"Does that surprise you?"
"It does because she's a fussy eater."



"She likes Gaines·burgers better than what she's been getting."

We went to San Francisco to prove dogs who like canned dog food will like Gaines·burgers. We fed Gaines·burgers to dogs who eat canned dog food. Did they like Gaines·burgers? Diane Blackman's reaction was typical of most of the dog owners we spoke with.

More dogs and their owners discover dogs who like canned dog food like Gaines·burgers.®



Gaines·burgers.
The canned dog food without the can.®

In beef or cheese flavor.

SUMME

There are over 4300 True Value Stores in 50 states. For one nea
look under "Hardware" in the classified Yellow Pages phone directo





TRU-TEST Latex House Paint

Longer paint life, shorter painting time! Resists peeling, blistering, stains. Flows on easy, dries fast. 24 charming Jamestown colors or white. Gal. **9.29***

*Custom colors slightly higher



TRU-TEST 18″ Rotary Electric

Powerful motor starts and stops instantly. Remote switch, 3-wire connection on folding handle. Nylon-bearing wheels. Quiet **44.88**
Deluxe 19″ Electric Mower . . **54.88**

WEBER® Barbecue Kettle

A Charcoal goodness, oven easy! Cover reflects heat to seal flavor in. Top damper adjusts. Porcelain-finished steel, 23″ grill **59.95**
(not shown) 18″ grill, black . **38.95**

Black & Decker® Electrics

B Lightweight Hedge Trimmer, 13″ double blade cuts clean, fast . **14.99**
C Lawn Edger trenches up to 4″ first pass. No-clog winged 8″ blade converts to trim. Instant-on . **34.99**

TRU-TEST 20″ Power Mower

D Outstanding value! 3 hp engine has easy-lift starter, 360° baffle, austempered steel blade, fingertip height adjusters. 7″ radial disc wheels. **69.88**

NELSON Lawn Sprinkler

E Dial-A-Rain gives uniform coverage up to 3,000 sq. ft. without waste. Dial 4 patterns, narrow to wide. 19 brass jet nozzles **12.88**
Tru-Test adjustable nozzle . . . **1.99**

TRU-TEST Vinyl-Nylon Hose

F Extra burst strength and flexibility in all weather. Easy to coil and carry. Brass couplings, ⅝″ ID. 500-lb. test. Orange. 60 ft. **8.99**
60 ft. green vinyl **4.99**



md Door G

Sturdy expanded aluminum truded frame protects gla screens. Patio Grille for 36″ sliding screen doors . . . . . Push Grille, 32″ or 36″ doors .



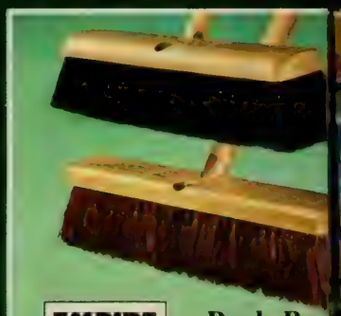
Footricord Extension

Ideal for garden and power UL listed for all-weather o safety. Bright orange vinyl fo bility. 3-wire grounded 30′ **3.44** 50′ **4.99** 100′



DUST STOP Air Fi

Change filters monthly for clea efficient heating and cooling. adhesive traps more dust. 1″ 20x20″, 16x25″, 16x20″, 15x20 20″, each . . **79c** Buy a 6-pak .



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Indoor broom with fine Tampic tles, 2⅝″ trim. Or, heavy garage and patio broom with r Palmyra bristles. 54″ hardwood handles. Ea. **1.**

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...ther lantern, so waterproof ...floats! With battery **2.99**
...wl, handy lantern wherever ... Floods area with steady, de...le light. With battery . . **4.44**



Rockwell Power Tools

Drill Kit, ⅜" double-insulated drill and accessories. 9073 . . . . . **13.95**
Hi-speed Orbital Sander for velvet finishes, flush sides sand into corners. Shock-proof. 65 . . . . . **12.99**



d-CON Safe Insecticides

Flying Insect Killer works fast, pleasant odor. 11-oz. aerosol . . . **99c**
Four/Gone® tested and proven to kill all kinds of bugs before they get out of control. 7½-oz. **1.79**



Insulate Plumbing

Fiber glass with vapor seal outer wrap keeps water lines from sweating in heat or freezing in cold. 35-ft. roll, 3" wide, ½" thick, only . . . **1.39**
Jumbo 6" x ½", 35-ft. roll **2.69**



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...tures at low price! Burnout ...d motor develops 1 hp. Saw...wer system, depth and bevel ...s. Cuts 2⅜" ...1¾" at 45°. **16.99**



raaco Space-Maker

At-a-glance organizer for small parts, from tools and tackle to sewing and household items. Steel frame has baked-on finish. 25 drawers in 3 sizes. **7.49**



FLEX-SPRAY Hand Shower

Personal shower attaches to present shower arm for new bath-and-shower convenience. 59" vinyl hose, 2 wall brackets, adjustable spray head. **7.88**



SLIP-X "flowergarden"

Pretty way to insure safe footing in shower or bath. Adhesive-backed rubber is easy to install and clean.
Set of 17 stems and 5 blossoms . **3.98**
Set of 8 safety-tread strips **2.98**



Aluminum Chests

...aster® has efficient Vacucel ...ion, unbreakable plastic ...nner gal. plastic jug. 22½" x ... **17.88** 22½" x 16½" . . **19.99**
...g, same construction. . **4.49**



5-Gal. Shop-Vac

Heavy-duty power to clean shop, attic, garage and walks. Put hose on blower to whisk debris from hard-to-reach spots. With 6' flexible hose. **21.95**



igloo Cool Keepers

2-gal. Beverage Cooler keeps everything inside cold for days. Removable food tray holds sandwiches, other foods fresh. Red and white **5.88**
13-qt. Playmate Ice Chest **9.88**



Bathroom Seat

Wood this beautiful doesn't grow on trees! Durable Magnolia-wood™ looks hand carved.
Choice of color. **11.88**
Solid plastic seat, colors **9.88**



...MDs. Cooler Value!

...eel picnic jug FREE with 22" ...steel ice chest! Heavy insu...holds cold up to 4 days. Top ...ottom drain, ...inner liner. **19.99**



Stay-Tite Home Sealers

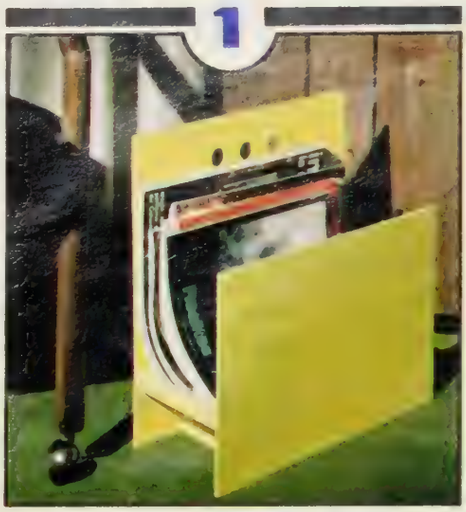
Super tough, special compounds in ready-to-use 1/10 gal. cartridges. Mortarfix, Cement Patch, Crack Sealer and Driveway Crack Sealer, each . . . **1.20** Roof Cement **60c**



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COTTER & COMPANY, Warehouse Distributors, 100% Member-Owned; Chicago; Cleveland; Dallas; Philadelphia; Los Angeles; Portland; Kansas City; Atlanta serving over 4300 True Value Hardware Members who own their stores, set their prices and reserve the right to limit quantities. Prices may vary and are subject to change without notice. Space may prevent some participating True Value hardware stores from stocking all items. Most name brands illustrated are also available at many other hardware stores. For honest values and better service . . . shop at a hardware store. Prices expire August 18, 1973.

100 IDEAS UNL



To counter the rising cost of just about everything, here's help: our annual classic collection of 100 great ideas under $100. As you thumb through, we think you'll agree all the projects look a lot more expensive than they are. The secret is that you cut costs by doing the work yourself—the price quoted is for the materials and it will vary somewhat depending on where you live. Whether your forte is woodworking, crafts, gardening, needlework, or something else, you'll find ideas to challenge you here. Whatever project you tackle, it will add to the looks of your home and give you the glow of accomplishment.

Buying information on page 108.
Credits on page 108.







1. Mod magazine rack—$3. Corral your magazines with a colorful rack made from ¼-inch hardboard and 1x4 pine. Make the bottom of a 1x6, and fasten to two 1x4s on edge. Back piece is 18 inches square, with three one-inch holes; front is 12x18 inches. Glue and nail together, then sand and paint.

2. Cedar box planter—$17. You'll need a sheet of ½-inch rough-sawn cedar plywood for this indoor/outdoor planter. Each side is 18x24; the eight-inch recessed top and the base measure 18x18. Trim the box with 2x2s, then add light and dark stain. If you use the planter inside, use a plastic liner (such as a wastebasket) inside the container to facilitate watering. If you use it outside, for a larger plant, place casters under the planter so you can move it easily.

3. Display-shelf divider—$95. Start by having your lumber dealer cut a sheet of ¾-inch, A-A grade birch plywood lengthwise into three equal pieces, 16x80 inches. These three sections serve as the vertical dividers. Attach top and base pieces to the verticals; next, add adjustable shelf brackets and shelves at various heights. Back the unit with a sheet of ¼-inch plywood cut to fit. Now frame all four sides of the divider at front with redwood 2x4s, stained in dark walnut. Repeat procedure for back side. Paint unit with semigloss latex.

4. Versatile bed table—$6. For a sick child's project, a student's homework, or an ailing executive's paperwork, this bed table is a real convenience. With a saber saw, cut ½-inch plywood to the configuration you want. This table measures 20x15 inches, and stands ten and a half inches high. Recess the two-inch aprons as shown for bracing. Assemble with glue and nails; sand thoroughly to avoid snags.

5. Hobby-house bunk—$100. Build the walls and bunk bed base with ¾-inch plywood. Attach plywood to 2x4s nailed to existing walls for support. Frame door with 2x4s, then nail mattress support panel (plywood) to wall tops and door frame. Attach bed rails, made from 1x8s and 1x4s, to bunk bed base. Use sturdy one-inch dowels for ladder rungs, drilled into 2x6 vertical strips. You can back the ladder area with carpeting, as shown, or stain to match the rest of the unit. For interior, install a ¾-inch plywood desk top covered with plastic laminate. Add shelves to rear of hobby house or leave it open for more space. You could add a rod for hanging clothes in the concealed end. Ladder at top left leads to a loft.

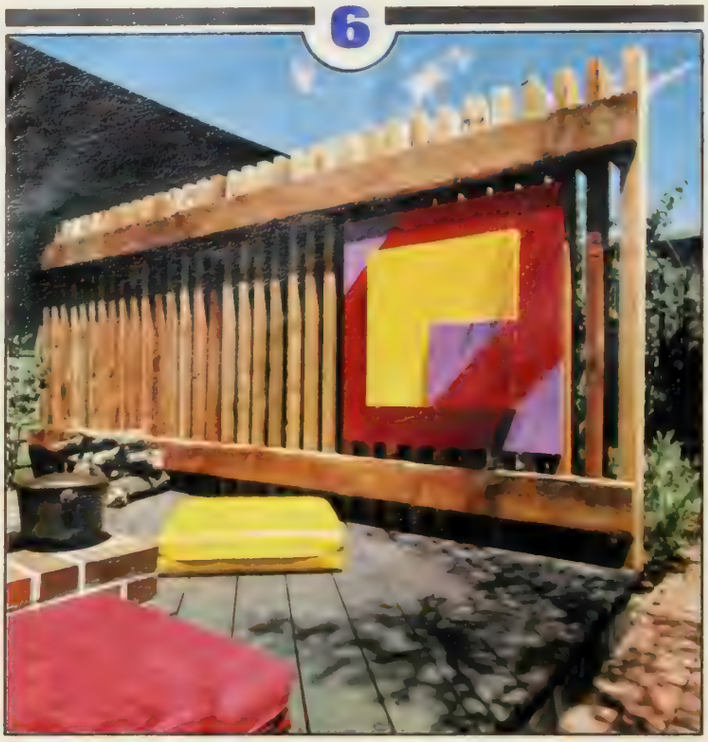
For added privacy inside the hobby house, add a sliding door. Allow for adequate ventilation and lighting in the enclosed area.

R TOO DOLLARS

5



100 IDEAS UNL











6. Supergraphic screen—$98. To add privacy and scenery to your patio, try this. Sink four eight-foot treated 2x4s into the ground at four-foot intervals; make holes about 24 inches deep, then fill with concrete. Next nail two 2x6s perpendicular to the uprights as shown. Using a scrap 2x4 as a spacer, fill in the gaps between the uprights with six-foot 2x4s. Use either construction grade or roughhewn lumber to get the heavy-textured effect. For the supergraphic hanging, use plywood scraps cut into varisized squares.

7. Woodsy wall mural—$37. You can open up most any room, just by planting some painted trees on the wall. To make your tree design, you'll need long sheets of brown paper (available at art stores). Fold the paper lengthwise in half and draw half a tree; starting from the seam and drawing the branches outward. To ensure even branches, draw a diagonal line and extend the branches to meet the line. Keeping the paper folded, cut out the tree (it's like cutting out paper dolls). Unfold, and voilà! You have a beautiful tree. Mask only the base of the tree to the wall, then outline the *edges* of each branch with masking tape. In other words, *don't* tape the branches to the wall. When you've completed your outline, simply discard the paper and use a small roller to paint the inside of the outline you've created with tape. Make sure the paint is dry before you carefully remove the tape from the wall. We suggest using different shades of green, gray, and tan paint to give the mural depth, and varying the height of each tree you create. If you overlap trees, as shown, we suggest painting the larger and darker of the two first.

8. Cushion headboard—$38. Choose a thick foam-rubber cushion that matches the width of your child's bed. Cover the foam piece with fabric matching the bedspread. Next attach a decorative curtain rod over the bed, and hang the pillow from the rod with sewed on loops.

9. Kitchen wall guard—$17. Here is an easy way to protect your kitchen wall against cooking splatters. Begin by choosing a bright-colored poster board and attractive wallpaper design. Mount the wallpaper on the poster board with rubber cement. Mark off the top and bottom lines of the poster board on the wall. Now attach a J-shaped aluminum channel on the bottom line, and two swiveling plastic clips at the top line as shown. Finish by installing a cut-to-fit section of glass over the poster board. The bottom of the glass rests in the channel; the top goes behind clips.

R100 DOLLARS



10. Wood bulletin board—$9. In assembly-line fashion, saw off 49 two-inch-thick pieces from a 4x4 redwood timber. Glue the 4x4 squares to a ½-inch plywood back, then border the unit with miter-jointed 1x4s. Stain or paint as desired. Attach eye hooks to top, and hang from nails in wall.

11. Circus-wagon toy box—$15. All you'll need for this colorful toy chest is one sheet of ½-plywood, some hardware, 2x2s for framing, and a few cans of paint. Build the box with butt joints; leave the top open and plan doors on one end. Attach a hinged plywood lid to the top, and double doors that hinge on the sides. Next, add the nine-inch-diameter wheels to the base with wood screws. If you want wheels that move, attach to axles. Using a saber or coping saw, cut out the scrollwork at top of wagon. Finish by painting the designs and the lettering with semi-gloss latex. The toy box is 20 inches deep, 42 inches long, and 18 inches high. The scrollwork is about three inches high.

12. Appliqued chair cover—$6. Recycle an old lawn chair with a bright new canvas or sailcloth cover. We cut the fabric about the width of the old plastic webbing, encased the raw edges in white bias tape, and appliquéd the arrows by machine, using a heavy-duty needle. We attached the cover with the old screws, adding washers to prevent the fabric from ripping. If you choose duck or sailcloth, double the fabric for strength and treat as one piece in sewing. Our chair has an added feature that is not visible in the photograph. When we made the top arrow, we added a small, free-hanging pocket of white fabric to the straight end. This will hold small accessories such as suntan lotion and paperbacks.



OO IDEAS UNL



13. Denim pocket hamper—$7. A supersize pocket like this just might tempt your youngster into being tidy. We made our offbeat hamper of blue denim and used orange embroidery thread for the mock saddle stitching. For backing, we cut a 20x28-inch piece of plywood the shape of the pocket and sanded it smooth. Then we cut the bottom denim section six inches larger than the wood to allow for clothes. We turned under the top edge and stitched a hem, added the embroidery, and stapled the remaining edges just over the back of the wood. We made the flap about ten inches deep, embroidered it and sewed on a decorative button, then stapled it to the top back. You could add a functional buttonhole.



14. Novel spice rack—$7.50. Here's how to recycle 36 baby food jars into stunning carriers! Use 2½-inch-wide strips of ¼-inch pine and build a frame 14½ inches square. By lap-jointing the same material, you can create an egg-crate effect. Each square should accommodate a baby food jar or any jar of similar size. Glue structure to a backing of heavy cardboard or thin hardboard. Paint lids of jars with model-makers lacquer which comes in small jars in a wide variety of colors. When paint is dry, use pressure-sensitive letters found in art stores to indicate names of spices on top of lids. Cover letters with strips of clear plastic for easy cleanup. It's easy to increase size of frame for extra spice jars.



R100 DOLLARS

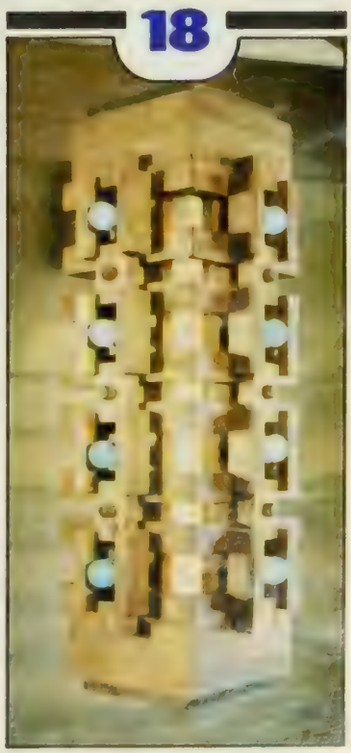


15. Kids' hold-it wall—$17.
To duplicate this neat storage wall system, start by painting the back wall with a deep blue flat latex. Cut lengths of 2x4s to suit the shelf arrangement you desire; paint 2x4s white, then toenail to the wall.

16. Hang-up cushions—$35.
Here's a supergraphic wall treatment that's beautiful to look at *and* comfortable to sit on. When extra seating is needed, you merely move the artwork to the floor. We cut the fronts of these four seat cushions from bright graphic-patterned fabric, and the sides and backs from plain fabric. Each synthetic-foam cushion measures 24x24x4 inches. The fronts require three yards of 45-inch fabric, or 1½ yards of 54- or 60-inch fabric. The sides and backs take three yards of 45-, 54-, or 60-inch fabric. If you want to make the covers removable, choose firm, washable fabric and insert zippers or snap tape in the seams. For nonremovable covers, pick a practical fabric like vinyl that resists soil and comes clean with a soap and water sponging. Sew plastic curtain rings on the back of each cushion to facilitate hanging on the wall.



17. Fictitious library—$25.
You don't have to be a book collector to have a voluminous library like this one. All you need are some closet doors (or a plain wall), a few small cans of paint, and a bunch of book jackets. For the illusion of depth, paint the background areas black, then create "shelves" by painting horizontal strips of white. After the paint has dried, paste the cutout book backs in place. To make your fake library look as authentic as possible, glue some of the book backs at an angle, and others on top of each other for a stacked effect. Used-book sales, secondhand shops and garage sales are the best places to find book jackets. In the kitchen, you could paste a giant phony pantry to your walls or cupboard doors by using labels from canned goods, and other food containers.



18. Watchtower lamp—$37.
Start by making a 6x6x31-inch open-ended box from ½-inch translucent acrylic plastic. Next, center a four-bulb light strip on each of the four sides. Border the strips with vertical lengths of 1¼x¾-inch mahogany. Now add the 3x¾-inch mahogany bands at both the top and bottom of the sides. Apply additional 1¼x¾-inch mahogany strips and ½-inch dowels as shown for decorative effect. Cap off open ends of box with squares of ¾-inch-thick wood. Weave electric cord through a link chain; secure the chain to ceiling and lamp top, and connect power cord to light strips. Use 7½-watt frosted blue light bulbs.

Change the bulbs to create lighting effects for special seasons or occasions.

100 IDEAS UNL







19. Monogrammed door—$68. If you already have a suitable wooden front door, this idea may cost you next to nothing. First carve out the letters you want on your door. Use ¾-inch mahogany or any hardwood you fancy. Now frame the letters with one-inch-thick molding and accent with additional wood strips of varying widths. Finish by inserting ¾-inch dowels into predrilled holes along the center boards.

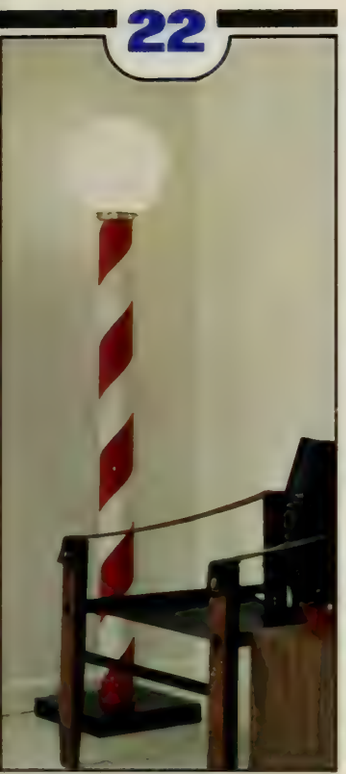
20. Sleep-and-play bed—[illegible]. It's a comfy place to play by day and a cuddly bed by night, and it's a breeze to build. On a frame of 2x4s, make the 12-inch-wide by 12-inch-high open rectangle with ¾-inch plywood. The size of the rectangle will be determined by the size of the mattress. Cover the entire rectangle with carpeting that matches the floor carpet—or use a contrasting color.

21. Tile-legged bench—$21. Use clay tile "reducers" as legs for a simple outdoor bench. The tile diameter reduces from six inches at top to four inches at bottom. Build the wooden bench seat of 1x4 pine. Connect the bell (large end) of the tile sections to the seat, using cleats or wood blocks. Accent the legs with red, white, and blue stripes. You can use stain (as on this bench), or paint to protect the wood.

22. Barber-pole lamp—$25. Add a distinctive flair to your den or a child's room with this bright idea. Use four-inch-diameter white polyvinyl chloride (plastic) pipe, four feet high, for the vertical column. Cut red self-adhesive vinyl to make the four-inch-wide stripe. Attach bulb socket, brass plate, and ten-inch globe to top with a metal collar. Run electric cord through threaded tubing from top to bottom. Build base of ¾-inch plywood, with hole to anchor pipe base. Allow clearance for cord under the base. Install a line switch on the cord, or plug into a switch-controlled outlet so you can turn light on and off. For added stability, make the base larger.

23. Incandescent cube—$24. Glass objects and other accessories are glamorized by the glow of this lighted end table. Using ¾-inch plywood, build a five-sided box with butt joints (the size will depend on the height and depth of your sofa, and the space available). Attach ¼-inch strips of wood around the inside of the box to hold a piece of frosted glass flush with the top. Place a porcelain light socket on the floor of the box, and drill six one-inch holes in the back (one for the cord, and the others to let heat escape).

24. Poker chips and rack—$12. These sturdy chips are made of ½-inch metal washers, primed and painted with high-gloss automobile touch-up enamel. Make the rack from two pieces of 1x6s. Drill holes into the lower piece and insert ½-inch dowels to hold







chips. Drill two holes in top board and insert a five-inch carriage bolt in each. On the bottom board, recess two hex nuts into the wood to receive the carriage bolts. Attach handle to top, then stain rack.

25. Plywood patio chairs—$25. (For two.) You can cut all the pieces for both chairs from one 4x8 sheet of good quality ¾-inch exterior plywood. Side panels measure 24x22 inches high; back and seats are 19x21 inches wide. Back and seat pieces meet about ten inches above base, and seven inches from back. Experiment to find the position you want before attaching the pieces. Use 1x2s or plywood strips as support brackets for backs and sides. Attach with epoxy glue and finishing nails. Cover edges of plywood with molding, then sand and finish with paint or stain.

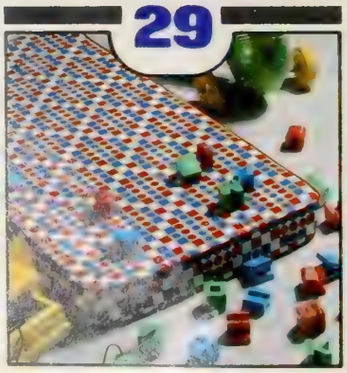


100 IDEAS UNL









26. Closet-size pantry—$98. An expendable closet or just a few square feet of borrowed floor space is all the space you need for this project. Make the top shelves from ½-inch plywood with ¼-inch plywood skirts at front and back. Paint with semigloss latex or cover with white plastic laminate. Build the bottom of the lower shelves on a base of 2x4s. Use ¾-inch plywood for the counter top, vertical dividers, and base. Make the drawers from ½-inch plywood and attach to dividers with standard drawer guides. If desired, attach an accordion fold-back door to close off the storage area when not in use.

27. Creeper planter—$15. This portable planter rests on a low creeper (used for working under cars) and rolls easily on dish-shaped casters. Build the planter box of ¾-inch plywood to accommodate the plants you want to display and to fit the creeper. Before attaching the planter remove the creeper headrest. Leave plants in their pots, and set them in saucers to simplify watering. Fill around the pots with bark chips or similar material.

28. Cubistic lighting—$13. For a decorative, diffused light source, try this. Make the box of plywood, paint it white, and top with frosted glass. Use the glass (or tinted plastic) for the bottom also. Support with molding strips. The wiring for the box shown runs horizontally across the wall and is hidden behind a piece of wood trim.

29. Mattress play mat—$13. Do you have an old crib mattress that's no longer in use? Sew a slipcover for it and let your youngsters use it as a rough-and-tumble play mat. Our mattress measures 27x51x4 inches and required about four yards of 45-inch sailcloth. We corded the top and bottom edges in red sailcloth for accent, using ¼-inch cording and 1½-inch-wide bias strips of fabric. Any sturdy, washable fabric will do for the cover and cording. To make the cover easy to remove, sew snap tape across one short end in the cording seam. (Our tape extended beyond the end by several inches.) If you choose a print fabric, try to match the pattern on the side strips with the top and bottom. Cut side strips on straight of grain.

R100 DOLLARS



0. Footlocker/seat—$17.
his 24x36x12-inch-high chest ives you extra storage and com-ortable seating in one sturdy nit. It's made of ½-inch ply-ood. Divide the chest into four torage compartments six, 12, 12, nd six inches wide. Cut off the ividers so that they only measure even inches in height; this recess llows you to put in two sliding rays as shown in the picture. Each 10x17x4-inch tray is divided into three compartments of 4½-, eight-, and 4½-inch width. At the top rear of the chest, add a 4x36-inch strip and nail to the sides and back. Now attach the top (with a 1x4-inch skirt at front) with a piano hinge to the four-inch-wide rear strip. Paint the chest, then cushion the top with carpeting. Or, instead of painting, apply fabric or adhesive-backed wallpaper inside and out.

100 IDEAS
UNDER 100 DOLLARS



31. Flexible shelf setup—$60. Here's a nifty way to get more storage from what normally is unusable wall space, such as around a radiator. Start by attaching an adjustable shelf support system to your wall. (You can buy perforated metal strips designed for movable shelf braces at most any department store.) Mount the metal support strips directly to wall studs. Now make the shelves from ½-inch plywood, butt joining the end pieces with the horizontal sections. Prime and paint. Leave some air space around radiator. Then for bulk storage, buy two large wicker baskets and accent them with bright-colored enamel.



33. Entryway organizers—$85. Unclutter a mud room or a rear entryway with these compartmentalized closets. They help organize outdoor clothes, shoes, books, and other everyday gear. During the summer, use to hang bathing suits and beach towels. Make the vertical dividers from ½-inch plywood. Nail dividers to ¾-inch-plywood top and bottom ledges. Rest the closets on a recessed 2x4 frame. Trim the fronts of the dividers with 1x2s, and the top with a 1x4 and capital molding. To hold the ½-inch-thick shelves, add adjustable shelf strips. Nail the ¾-inch plywood top shelves to the dividers for extra support. Stain and varnish.



32. Trash can hideaway—$48. Railroad ties line this sturdy 30x54-inch trash can dugout. Make the recess approximately 30 inches deep, and cover with a three-inch layer of gravel. The top section is made from lumber scraps and extends about 12 inches above ground level. Build the hinged lids from 2x2s nailed to a 2x2 center strip and two 2x4 end pieces. Bolt a 2x4 for each lid to the exterior wall of the house and hinge the lids to the 2x4s.



34. Cedar chandelier—$36. Give distinction to your dining area with this contemporary chandelier made of rough-sawn cedar. The wood column consists of four 6x36 lengths of cedar, butt jointed with a slight overlap. Before you nail and glue the four sides together, drill holes in each piece of wood to accept sockets which are mounted from the inside. Cut a piece of scrap wood to fit the top opening, drill a hole in the center of it for wires, then nail and glue it into the assembled cedar column. Fasten one end of a lamp chain to the wood block canopy, and the other end to the ceiling. To complete the chandelier, screw in eight globe bulbs—either clear or opaque. If you choose clear bulbs, we suggest using a dimmer control to avoid glare, and add a dramatic lighting effect.



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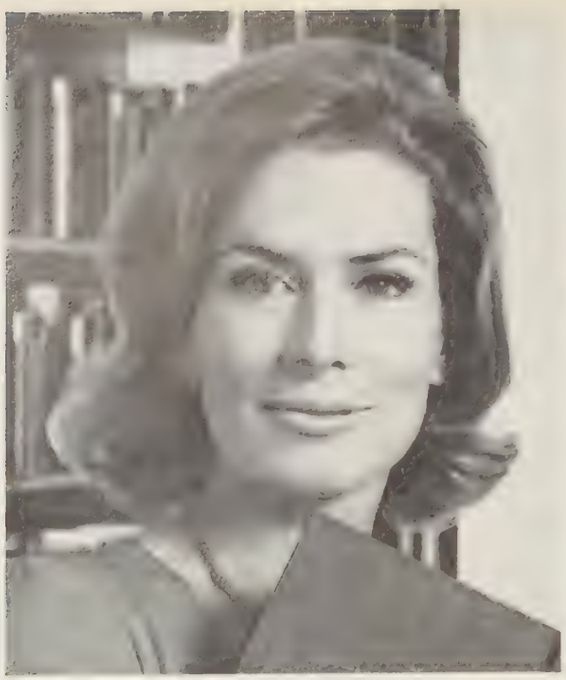
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Suddenly one morning, you look into the mirror and face the truth. You don't look as young as you used to. You don't even look as young as you are. The change was so gradual that you didn't even notice the signs of age creeping up.

Women in all parts of the world have, like you, faced this moment of truth. Fortunately,



many have made a priceless discovery, the discovery of the beauty benefits of Oil of Olay. These younger-looking women could tell you the advantages of Oil of Olay moisturizing lotion. But it is far more rewarding to experience the beautiful results yourself. This precious beauty fluid was specially created by beauty researchers to fight the dryness that can make you look old long before you should. The unique formulation, with its blend of tropical moisturizing oils, works wonders for your complexion. You will notice an important difference in the smoothness and suppleness of your skin each day, as the beauty blend soothes away dryness . . . dryness that makes wrinkles and little lines far too noticeable.

Dry skin virtually drinks in the beautifying liquid, with its wealth of natural oils and moisture. Oil of Olay penetrates the important surface layer of the skin, to work along with nature itself in maintaining the balance of oil and moisture that is essential to true complexion beauty. The lovely liquid is compatible with the skin, and sets up a barrier that helps retain your skin's own natural moisture.

Oil of Olay penetrates so quickly and evenly that it begins its myriad beautifying benefits almost before you know it. And the beauty blend is a superb makeup base. Cosmetics won't streak or change colors as the hours pass.

Look for treasured Oil of Olay in drugstores everywhere. Day and night, the beauty fluid cherishes and nurtures your skin, bestowing a younger look with each passing day.

Beauty Hints

The skin around your eyes may be the very first place you notice the little lines that signal the passing of time. Pat generous amounts of Oil of Olay into this tell-tale area, to smooth and soften beautifully.

* * *

What a mistake it would be to neglect your neck. Anytime you apply Oil of Olay® to your face, stroke the beauty blend lavishly on your throat as well. For the greatest benefits, use firm upward motions, from the base of your throat to the chinline.

100 IDEAS UNDER 100 DOLLARS



35. Mini-bar in a closet—$70. Entertaining is easier with a tiny bar tucked into a small closet near an entrance or living room. A mirror behind the glass shelves makes the bar look bigger than it is. Or, you can use mirror tiles to cut the costs. Gain extra shelf space in the wall by using th space between 2x4 studs. Plaste of paris and sand mixture ac count for the rough-finish look o the walls, and the bottle niche Build in a simple wooden bar, o use the base of an old dresser fo counter and storage space.



36. Rope-hanging shelves—$9 Make the shelves and the ceilin support strips first, using fou 1x8s and two 2x4s, each 30 inche long. Next, drill ½-inch-diamete holes near the corners of eac 1x8; make sure you drill the sam distance from each corner so tha the holes line up perfectly whe finished. Now drill a hole nea the ends of the 2x4s. Thread ½ inch-diameter rope through th holes, making sure the shelves ar spaced evenly. Then pound a lon nail into the front edge of th plank and through the rope; re peat the process for each hole The nails act as cotter pins an will support the shelves, unde normal weight. For extra stabili ty, secure lower shelf to wal



Look for the Red, White and Blue tags for big savings now on famous Sertapedic and Sertapedic Maxim mattresses. You'll get extra-firm sleeping comfort and support, night after night . . . year after year. Hurry to your Serta dealer. Sale ends August 31, 1973.

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Prices shown are suggested retail prices.

100 IDEAS
UNDER 100 DOLLARS



37. King-size bed frame—$75. Though it seems to float on air, this bed actually rests on a frame of 2x6s. After you make the supporting square, nail sheets of ¾-inch plywood to the 2x6s to support the box springs and mattresses. Using the same material, cut out the sides and end, and nail to the base. The headboard is an 8x8-inch storage compartment with a fold-down door at front. This frame is made to fit two single-bed-size mattresses. The size you make your own bed frame should be two inches wider and longer than the size of your springs. For the floating effect, cover the sides of the 2x6 frame with scrap pieces of carpeting.



38. Wood mailbox cover—$15. A rugged wood shelter like this will make your mailbox special. Choose an approved mailbox, and mount it on posts in a position that suits your postman's requirements. Then enclose the posts on all sides and top. This shelter is of rough-cut cedar 1x6s, chosen to match the house. Add your house number and name to complete the project.



Don't you wait for septic tank or cesspool trouble to start. Use Rid-X® now. 50¢ worth once a month can save you hundreds of dollars.

The Bodens are real people. Their cesspool really needed work. This picture was taken as it was being done. The job really cost $550.

It could happen to you! For years the Bodens were like most home owners. Their sewage system worked fine, so they ignored it. Meanwhile, trouble built up underneath their feet until one day, it surfaced. They learned the hard way—when you see septic tank or cesspool trouble, it may be too late.

That's why you should start using Rid-X now, before trouble starts. Today's modern detergents, bleaches and lyes can destroy the active bacteria your sewage system needs to work efficiently. Rid-X is a beneficial bacteria additive made to help reactivate that essential bacteria action; to help liquefy waste matter, oils and fats. Rid-X works to keep septic tanks and cesspools trouble-free.

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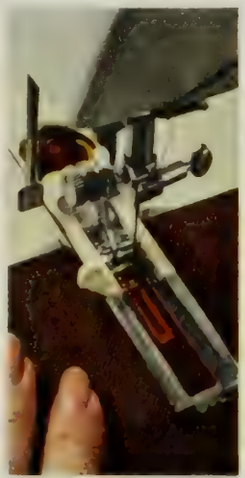
Suddenly, everything you sew can turn out more professional. That's the real beauty of the new



Futura* sewing machine created by Singer.

The controls are on top under the hinged lid. At eye level. It makes it so easy to change stitches with just the turn of a dial.

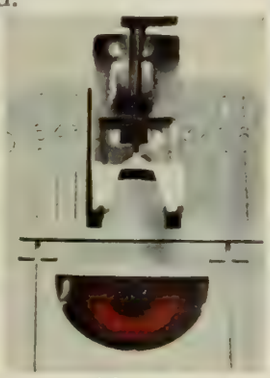
The Futura machine even makes buttonholes easy. A revolutionary new one-step buttonholer computes the length of the buttonhole to fit the size of your button. Lets you finish perfect, precision-matched buttonholes. In minutes.



With the Futura machine, you'll never have to go through the Battle of the Bobbin. Or have the frustration of running out of bobbin thread in the middle of a seam. Why? Because we put a window right over the bobbin. It's new. It lets you see your thread supply at a glance.

And, the exclusive Singer* push-button bobbin rewinds right in the machine. Holds more, too. Almost 50 yards of thread.





With the Futura machine, you don't have to be a mechanical genius to get the stitches you need for today's fabrics. Today's fashions.

It has ten built-in stitches, including four vital stretch stitches.



Overedge and speed-basting stitches. Decorative stitches. All ready to perform. At the simple turn of a dial.

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You won't believe how easy the new Futura machine makes things, until you see it in action. And you can. Because it's here. Now. At all Singer Sewing Centers and Approved Dealers.

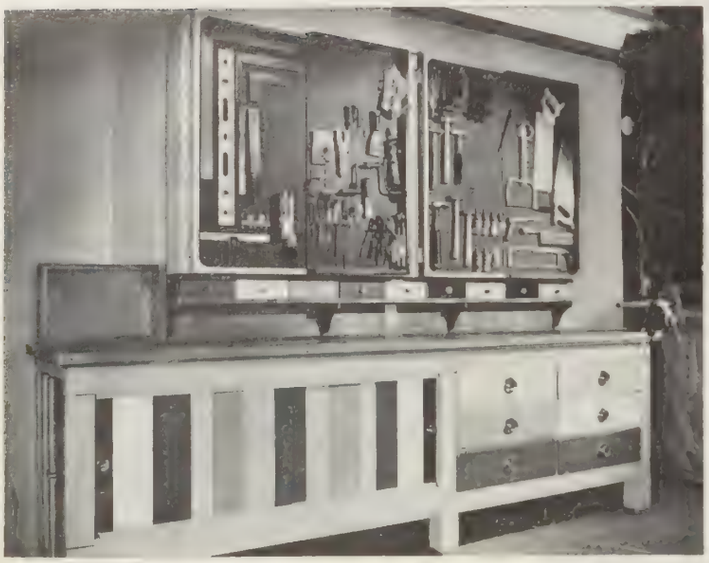
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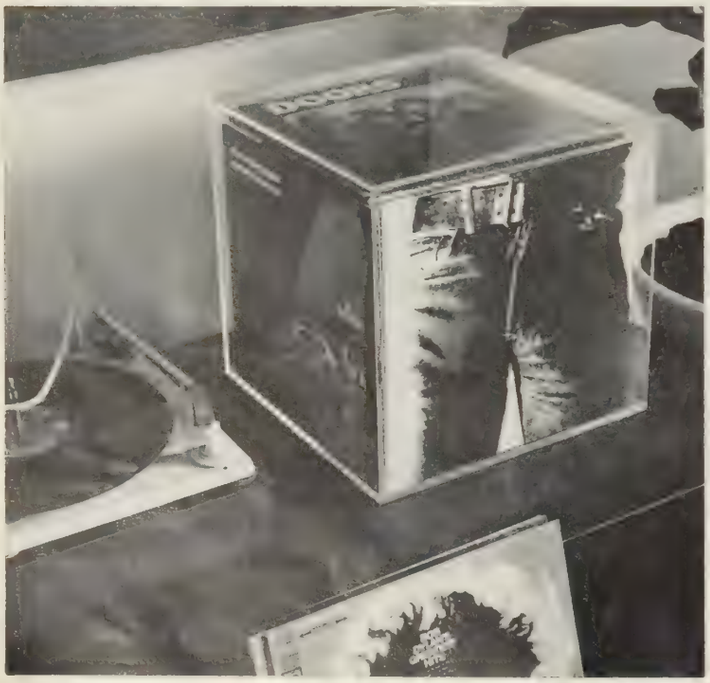
100 IDEAS
UNDER 100 DOLLARS



39. Garage workbench—$50. This ingenious unit multiplies storage capacity and efficiency. Commonly used hand tools hang on the ¼-inch pegboard doors, which cover adjustable shelves inside; frame the pegboard doors with 1x2s. The hardboard-surfaced counter top is 35 inches above floor level, but the six 4x4 legs are on adjustable lag screws. A combination of drawers and sliding doors cover storage shelves. Use up leftover paint to finish the project; label drawers for various items.



41. See-through divider—$50. Quick and simple to make, this room divider/display unit is a great way to enliven a room. Begin by measuring the distance between your ceiling and floor. Subtract the width of top and bottom rails, and you have the proper length for the rough-sawn cedar 2x4s. Toenail the vertical pieces to the rails. Space the vertical 2x4s at random intervals, allowing space to make the window-like display ledges where desired. When finished, nail the divider in position.



40. Acrylic record cube—$20. Store your sounds stylishly in this five-sided cube. You'll need a sheet of acrylic plastic cut into five 14x14 pieces, then glued together with special epoxy that's made for this kind of plastic. Record jackets placed against four sides of the cube conceal an additional 60 record albums stored vertically inside. Simply turn the cube around to the open side when you want to make a record selection. A cube like this could also be used to store files or photo albums.



42. Smiling playhouse—$18. What child wouldn't respond to this fun-filled play structure? To build it you'll need almost two sheets of ¾-inch interior plywood. The unit is four feet high, two feet deep, and about six feet long. There is no bottom, and the room wall serves as the back. Draw your own version of the cutout holes, and use a saber saw to make the cuts. Use corner brackets inside to make corner joints. Round off corners with a plane or router. Apply sealer, then finish with nontoxic paint.

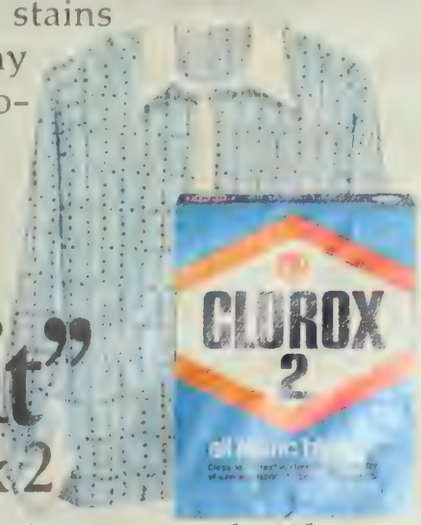
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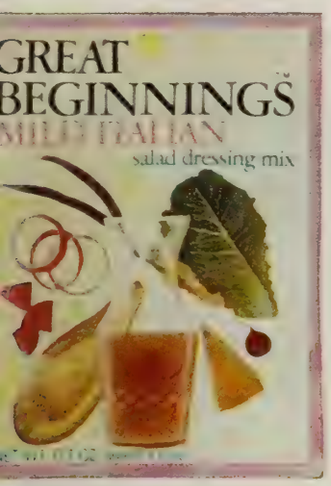
43. Trash can garage—$81. Raise the lid of this container to drop in small trash bags and slide open the front doors to remove the cans when full. It's the perfect way to disguise a trash area and protect it from wind or overcurious animals. Make the box from Douglas fir Texture 1-11 plywood; add 1x1s along the sides and back for a more textur look. Then stain to match yo deck or house. Here we used cantilevered deck as the un base, but you can get the sa effect on a concrete patio or bu in plywood base. Make sure y weatherproof any dimension lu ber you use so it will last long and keep its neat appearan



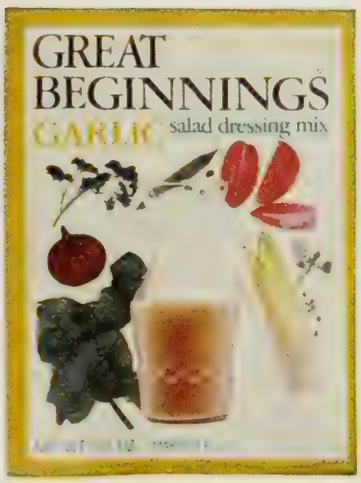
44. Agitator sculpture—$9. A trip to the junkyard will yie the "sculpture" you need to ma this unconventional candle ho er. It's an old washing machi agitator, sanded and spray black with shiny enamel. To a cent the arty agitator, paint t protruding rims with color acrylic. A scrap of ornamen ironwork is bolted to the top the agitator to serve as a pl form for the oversized cand The agitator sculpture wou look great in an entryway, or the patio or porch. Another id would be to use the agitator as freestanding soap dish in t bathroom or powder room.

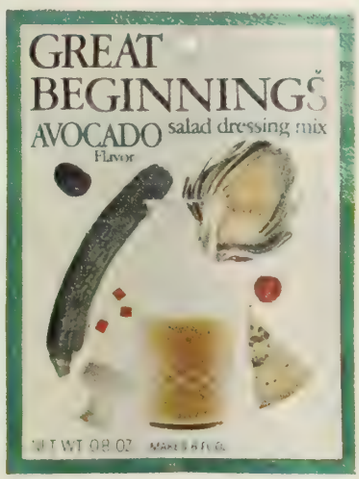
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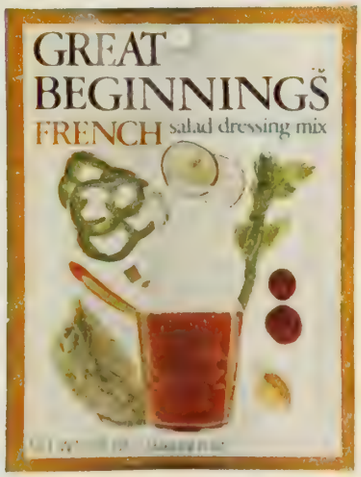














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Money back if not completely satisfied



Natures Blossom: Bring the warmth and freshness of nature to your home with this delightful creation. Design stamped on special cotton-rayon fabric fits our handsome 18"x24" walnut frame (not shown). Kit also includes embroidery yarns, needle, easy instructions and a diagram of the stitches used. Kit No. 00325, $7.99; 2 for $14.99. Frame No. 00099, $8.00. Kit and Frame No. 00326, $14.99; 2 for $28.98



Summer Scenes Pillow: Capture the charm of summer with this bright, cheerful 16" knife edge pillow. Kit includes design stamped on pillow plus pillow back, nylon piping, colorful wool yarns, crewel needle, zipper for easy cover removal when cleaning, easy to follow instructions. Pillow Kit No. 00323, $6.50; 2 for $12.00

100 IDEAS
UNDER 100 DOLLARS



45. Sandpile/seating—$25. Sections of wood 4x6s provide the makings for this dual-purpose project. Cut blocks in a variety of lengths, then set in the ground about half their lengt You can lay others horizontall Save money by buying or pic ing up scrap or inferior piec Smooth off rough edges.



46. Room divider/screen—$65. To add privacy to a living room from a stairway or other rooms, build a decorative divider like this one. A mixture of wood material sizes, including 2x4s, 1x4s, and 1x2s, provides visual interest. The overall size of this screen three feet by seven, but bu yours to suit the setting. You c leave the wood natural, or u stain or paint. Anchor the scre to the wall and floor with sm nails or screws.

Panning for gold on the San Gabriel River in the Angeles National Forest, California.

ew Hatchback Nova. Same old reputation.

Now you can get a Nova Coupe with a big back door and a rear seat that folds down to become a six-foot load floor. So you can use it sort of like a wagon.

There's also a new Nova Custom Hatchback with special trim and special insulation. It looks even nicer and rides even quieter.

But the best news about Nova isn't really news at all.

Deep down, it's the same dependable, practical, trustworthy, durable, thrifty Chevy Nova you've known for years.



Highway safety begins at home. Buckle up before you leave.

The car that *Motor Service* and *Service Station Management* magazines' survey of independent mechanics (July 1972) found: easiest to service, had the least mechanical problems and was best overall among *all* compact cars.

For 1973, we've increased Nova's appeal.

Without endangering her reputation.

Chevrolet. Building a better way to see the U.S.A. Chevrolet



Sears do-it-yourself Mirror Squares.

They make any room look bigger. Brighter. Beautiful.

Take a small bathroom, watch it grow. Choose a dark dining room, let the sunshine in. Pick a barren spot over a mantelpiece. Or above that antique love seat. With Sears Mirror Squares you can turn any old room into a beautiful new room. Instantly. Simply. Inexpensively.

Do it yourself with Sears 12" x 12" Mirror Squares. Just attach the double-stick mounting tapes that come with your squares. Press onto a dry flat surface. Mirror Squares are durable, easy to clean.

Choose from 12 exciting decorator patterns. Use just one of our exclusive patterns or combine patterns to create your own decorative work of art. At most Sears, Roebuck and Co. stores and by catalog.

Sears

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47. Corner-turning bench—$48. Start with a ready-made base of three clay flue tiles, each 12x18x 12 inches high. Determine the size you'd like your bench to be, then use 2x2s for slats and 2x4s for the outside frame. Miter jo at corners; stain and varnish c or desired. There's no need to cure bench to base, since weight of the boards prevents shifting out of place.



48. Closet remodeling—$70. Partitioning a closet can often gain you more space than you'd ever thought possible. Here, a single sheet of ¾-inch plywood serves as a vertical divider and two new shelves. Spruce up interior with some lively w paper, then add ready-m clothes racks for your wardr Finish by adding a shoe ba the back of the closet door.



Even when your dining room is the alternate locker room you don't have to worry about Keller furniture. We make it as sturdy as it is beautiful.

All our furniture is made with a skill and respect and concern for wood that insures its usefulness for years. And our tables are topped with Armor-Gard, one of the strongest scratch and heat-resistant surfaces ever made.

So with Keller, a dining room doesn't have to be just a dining room anymore.

It can be a game room, a conference room, a study hall, and just about anything you want it to be.

Because we make it for people who like to be together.

It's more than just dining furniture. It's KELLER

Keller Mfg. Co., Corydon, Indiana 47112, Estab. 1895

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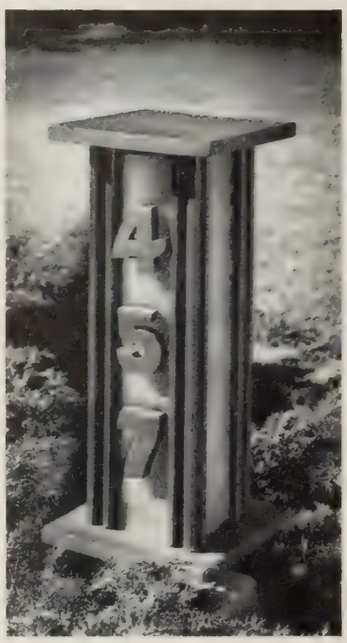
49. Window trimming—$30. This frame and valance treatment can dress up a drab window, and add architectural interest. Use 4x4s flat against the wall, floor to ceiling. Box in the space between uprights and above the window with a piece of plywood, with decorative trimming attached. Stain the wood with a dark stain, and varnish. Add an adjustable rod behind the plywood, then hang draperies, colorful beads, or venetian blinds.



51. Twin pantry on a wall—$99. Make the 72x96-inch-wide exterior frame with 2x12s. Line the back with ¼-inch plywood, and bolt to wall studs for support. Add ¾-inch plywood shelves (on adjustable shelf hangers if you want greater space flexibility). Use a ¾-inch plywood divider for the vertical center piece. Make the bifold doors with two sheets of ¾-inch mahogany plywood. Hinge doors to exterior frame and add door pulls.



50. Flip and fold table—$20. If you're the kind of person who likes to do two things at once, you'll like this double-use laundry table with a shelf that flips down from the wall. To camouflage the shelf when it's flipped up, the underside was covered with paper to match the wall. Make the stationary table, support, and upper shelf with ¾-inch plywood, securing the table to both walls. Fasten a strip of wood to the wall to support the hinged end of the table. Add a catch above to hold flipped up shelf.



52. House number/light—$17. Use scraps of lumber or plywood to make the nine-inch-square top and bottom pieces. Translucent fiber glass panels fit into slits sawn in decorative molding that forms the corner sections. Scroll out your house numbers from scrap lumber using a jig or coping saw. With wood screws, attach numbers to fiber glass panels. Screw from inside light box outward, and allow a space between panel and numbers for a relief effect. Drill a hole through the base, thread outdoor wiring through hole, and hook up to a ceramic light fixture. Use a 40-watt elongated showcase bulb for the light source. Set the number/light on a concrete block for elevation and safety, or on a post for even greater visibility.

You'll wake up feeling good if your back feels good. That's why Sealy Posturepedic® is designed in cooperation with leading orthopedic surgeons for firm comfort—to promise no morning backache from sleeping on a too-soft mattress.

Posturepedic isn't made like an ordinary firm mattress. Extra coils give you more support, even around the edges where ordinary mattresses first start to sag. And, Sealy's patented torsion bar foundation works together with the mattress for better all-around support.

Sealy Posturepedic is truly unique. It's the bed that promises you a good night. And, a good day.

SEALY POSTUREPEDIC
The unique back support system.



Sealy.



A Sealy Posturepedic morning. Your back will be glad you didn't buy an ordinary firm mattress.

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53. Peekaboo screen—$26. This eight-panel screen has portholes, keyhole cutouts, and boldly painted shapes that let your youngsters improvise their own secret world. Cut each panel from ⅛-inch hardboard, one foot wide and three feet high. Panels are hinged together on both sides with three-inch-wide heating duct tape. Use a saber or keyhole saw to make those cutouts.

54. Cardboard cachepot—$2. To give your plants panache, hide unsightly pots with these handsome covers. They're made of cardboard paint buckets and cotton clothesline. Mark out design. Saturate cord with half and half mixture of white glue and water and apply. Let dry several days. Gesso the spaces not covered by cord. When gesso is dry, spray-paint with flat white paint.

55. Circular ceiling lamp—$21. Make the top and base of this lamp by cutting two 16-inch-diameter disks from ¾-inch plywood. Next, cut out a 12½-inch circle from the bottom disk; then trim it down to 12 inches in diameter. Center and nail this 12-inch piece to the bottom of the top disk. Drill a hole through center of top disk and attach four ceramic light sockets to underside of top disks. Using several ¼x2¼x7½-inch slats, nail top of slats to the outside edge of the 12-inch disk and the bottom of the slats to the edge of the inside of the bottom disk. Finish by fastening 11-inch slats to outside rims of top and bottom disks. Space slats so that the inside slats cover the exposed spaces between the outside slats. Hang fixture from ceiling with heavy-duty electric cord.

56. Cushion-top chest—$20. Look what you can do with a simple box made of ¾-inch plywood. This one offers both seating and storage space. First apply a good basic paint job, and hinge the lid. For the top, use fabric with welting over two-inch-thick foam. Tack the fabric to the underside of the lid. Panels on sides and front are fabric over synthetic batting, wrapped around ¼-inch plywood. Glue panels in place.

57. Wood and mirror wall—$66. On a 4x8-foot sheet of plywood, draw a line down the center so that you've marked off two 2x8 sections. Next, saw the end of a rough-cut wood strip at a 45-degree angle; place the 45-degree cut along the center line of your 4x8—you can trim off the end that overlaps the 4x8 later. Repeat the process until you've covered the entire 2x8 section. Now do the same thing for the other 2x8 side, being sure to match the widths of the wood strips to achieve a uniform herringbone pattern. Then repeat the steps for the second 4x8 panel. Stain or leave natural as desired, then attach the 4x8 panels to the wall with adhesive; between the panels, allow a space the width of your table for the mirror.

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58. Elephant headboard—$12. For peanuts, you can tickle your child with this playful pachyderm. The body and head are shaped from ½-inch plywood—use a jigsaw or saber saw to make the cuts. Body is approximately 36 inches high by 39 inches wide. To cover, wrap vinyl fabric over synthetic batting, then staple on back. Fasten the parts together by screwing through ¼-inch hardboard eyes, connecting head to body at same time. Have eyes cut and painted before attaching. From behind, attach two 1x2s vertically to attain desired height and to allow fastening to bed frame.

59. Wall-hung vanity—$50. Here's how to turn a secondhand dresser into a space-saving vanity. Cut the dresser's legs off, and make them the right height for a bench. Also remove the longitudinal stretchers and shorten to fit the bench size. Remove mirror from dresser and place at desired height on wall. Cut plywood and foam pad to size for the bench seat. Locate button positions on foam, then drill holes through plywood. Cut X-slits into foam at button positions. With long needle, run thread through holes and foam. Lay velveteen over foam and cover buttons with same material. Run thread through velveteen, pull buttons down into foam, and tuck cloth into slits. Tie off cloth to small buttons below plywood. Staple cloth under plywood seat and apply the braid. After stripping wood surfaces, stain or finish to suit your decor.

60. Strap-hanging shelf—$32. Shelf is made with 11 pieces of 2x4 redwood supported by two wide leather belts. Nail and glue 2x4s together and attach to wall with small corner brackets screwed into the wall, under the shelf. Attach belts to wall with two-inch lag bolts (place washers beneath the bolts), and to the front of the shelf with four ¾-inch lag bolts. We used walnut stain on this shelf.

61. Pincushion tray—$5. Start with a piece of ¾-inch plywood, cut to 8x10 inches for the bottom. For the sides, use 3½-inch base molding or casing with miter joints at the corners; fasten with glue and small nails. Paint the box before applying felt inside. Cut one-inch-thick polyfoam to fit inside, and cover with felt. Line the insides of the box with a contrasting color of felt glued directly to the wood.

62. Swinging sofa—$75. This something-different sofa calls for nothing more than chain from the hardware store, a solid-core wood door, eye bolts, screw hooks, ¾-inch plywood for the back, and custom-made cushions. The cost of the cushions will vary according to the fabric you select. Attach the 14-inch-high plywood back to the edge of the door with glue and 3-inch wood screws spaced every six inches. Plan the size of the back cushions so that they will be slightly higher than the plywood back. Make sure the screw hooks at the ceiling are screwed firmly into a beam or ceiling joist. Varnish or paint exposed areas of door and back.

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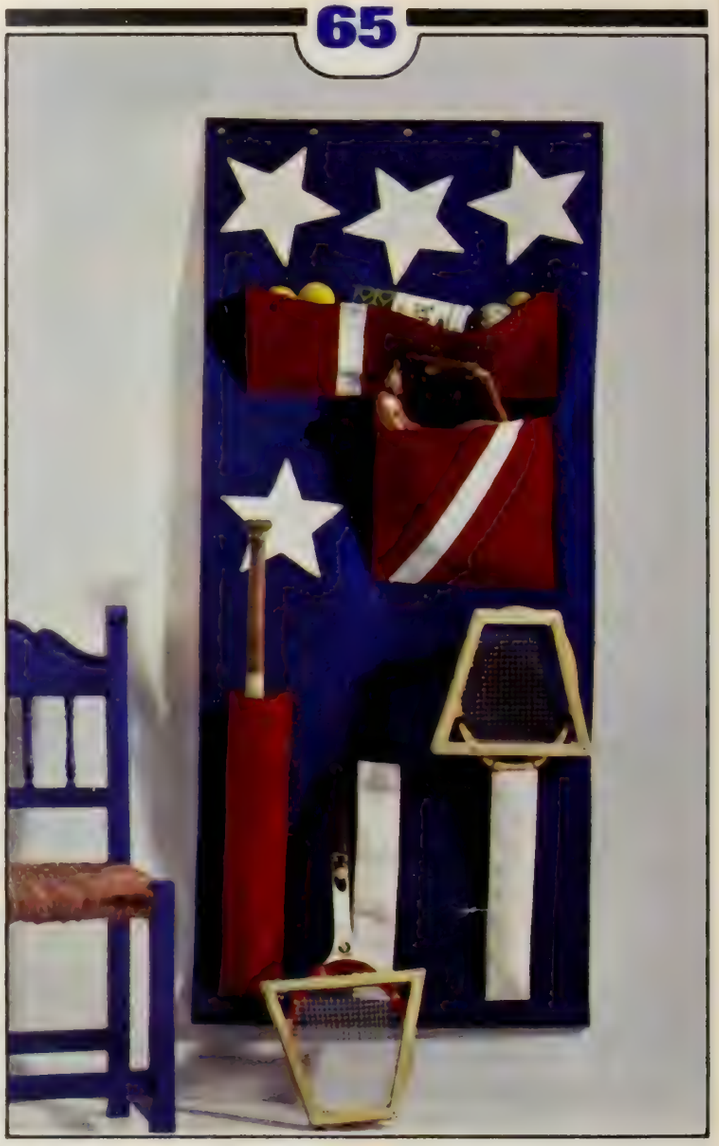
62



100 IDEAS UNDER







63. Cushioned ottoman—$25. First, build the wood frame of 1x3 pine, and a 24½-inch disk of ¾-inch plywood for the top. Cover the edge of plywood top with edging tape. Use an interlock joint where crosspieces intersect, and slot into vertical pieces as shown, connecting with pegs. Stain and varnish wood surfaces. For the cushion, cover a piece of two-inch-thick foam with fabric, and cover buttons to match. Use fishing line to attach buttons. Thread the line through the cushion, through small holes in top of the plywood, and tie around short pieces of dowel rod under the plywood. This keeps the cushion firmly in place.

64. "Skylight" garden—$44. If your house doesn't have a good plant window and if the look of those special plant lights doesn't fit in, consider this "skylit" plant area. Plan the size first, then nail 1x2s to the wall and ceiling. Next, attach two fluorescent strip fixtures to the wall and one to the ceiling. Next build the grid from 1x1 boards. Plan same number of verticals and horizontals, and space equally. Attach the corners of the grid to the 1x2s and have a piece of lightweight plastic cut to fit—you may need to flex it slightly to install it. Then attach the triangular piece of perforated hardboard to the grid and the 1x2s with screws. The screws facilitate bulb replacement. The perforations allow heat from the lamps to escape and provide a handy place to hang your planting tools and equipment.

65. All-star organizer—$14. Here's a practical and decorative way to keep sports equipment in its place when not in use. You simply stitch pockets and star appliqués onto the 29x66-inch canvas back and hang it on a wall or closet door. If attaching to a wall, affix a 1x2 and paint first; then fasten the hanging to the 1x2. For a closet door, you may need to make the organizer slightly narrower and attach it with screws and washers. For more how-to information, see page 102.

66. Wild and woolly sofa—$99. The only wood you'll need for this sumptuous sofa is two 4x8 sheets of ¾-inch Philippine mahogany. Make the four-sided, 76x 20x6-inch-high supporting leg frame first. Then cut out an arch design on each side, leaving the corner sections to serve as legs. Now attach a 96x26 piece of plywood on the legs to serve as the



seat base. Build the hollow armrest ends and secure to seat base with screws. Next, screw on the three backrests to the 96x12-inch back panel. Line the seat base with four-inch-thick foam pads and the backrests with ½-inch-thick foam. Cover the foam with fake fur—four yards will do the job nicely.

67. Tea can lamp—$4. In about five minutes, you can turn almost any interesting tin can you happen to have into a pretty little accent lamp like this. First drill or punch a hole in the back of the can for a lamp cord. Thread the cord through the hole and attach to the terminals of a brass lamp socket. Add a plug to the other end of the cord and install a line switch. Screw in a medium-watt bulb.

68. Key tags and caddy—$1. Here's a neat way to keep track of often-used keys. Draw the letters on lattice molding or ¼-inch





scrap pine pieces, then cut with coping saw. Drill holes where necessary. Use a knife to carve out your label. Paint or stain to make tags easy to find. Mount cup hooks on a wood strip, then attach to wall as a convenient caddy for keys. Make several so each member of the family has a hanger to use.

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69. Log animals to go—$7.50. Kids will love these freewheeling pets! For the big pig, use a log with a flat side so casters can be attached directly to bottom. For hippo and little porker, nail a ¾-inch white pine platform (cut to largest diameter of log so it won't tip) to one side. Hippo's body is about 12 inches long and his head is about seven inches, with a slice of wood nailed between for a spacer. Chop out a triangular section for mouth and paint interior red. Use corks (or small pieces of wood dowel) for teeth, hosiery eggs for eyes, leather scraps for ears.



70. Butcher-block cube—$15. To make this handsome bunching cube you'll need 40 pieces of 2x2s each cut 14⅜ inches long, and eleven 16-inch-long 2x2s. Form a square by butting four 2x2s to each other. The next nine rows should follow a staggered overlap pattern. Secure each row with white resin glue and two nails. For the top row, glue the eleven 2x2s side by side. Sand well and apply varnish Whenever you need extra seating, just top the cube with a soft cushion.





71. Split-tile yard lights—$17. Here's a low-cost way to light up an outdoor living area, outline a walkway, or create a nighttime garden display. The deflectors are halves of six-inch-diameter clay tiles about two feet long. Be sure you buy half-tiles, since a complete tile is difficult to score and break in half. Paint the tiles white on the concave side to get more reflection. For support, bury the flared or bell end of the tiles into the ground about six inches. Screw white or colored floodlights into ceramic fixtures, and secure outdoor outlets to a round plywood base. Connect fixtures to an outdoor extension cord. For added safety, wrap all connections with electric tape.

72. A great home office—$62. Make your shelves first, using 2x10s. Cut miter joints for the six-inch-high bookends. Determine where you want to hang shelves, then carefully outline their rear edges on the wall with a pencil. Next, screw a six-inch lag bolt into each wall stud midway between the two pencil outlines. Screw bolts about two inches into the wall, then saw off the bolt heads. Place the rear side of your 2x10 shelf against the protruding bolts, and mark the point where each bolt hits the board. Now drill a four-inch-deep hole at each of these points (the diameter of the hole should match the bolt diameter). Finally, match bolts with holes and push the shelf against the wall.

For the desk, use a hollow-core door for the top, cut to the surface area you desire (the top here is 84x24). Make the drawer frame with ¾-inch plywood, and the drawers themselves with ⅜-inch plywood. Buy a set of standard drawer roll guides so the drawers will work smoothly. Sand, prime, and paint desk and shelves. If you want a smoother and more durable surface, you can cover the top with plastic laminate.

73. Flue-tile planters—$15. You can show off your plants and arrangements all year in stair-step planters. The tiles (or liners) are 13 inches square, and all are two feet long. Set them into the ground at varying depth to achieve the stair-step effect. The planter heights here are six, 12, and 18 inches. Fill planters with soil for planting, or fill with gravel or similar material and set potted plants on top. If you use potted plants, you can change with the seasons.



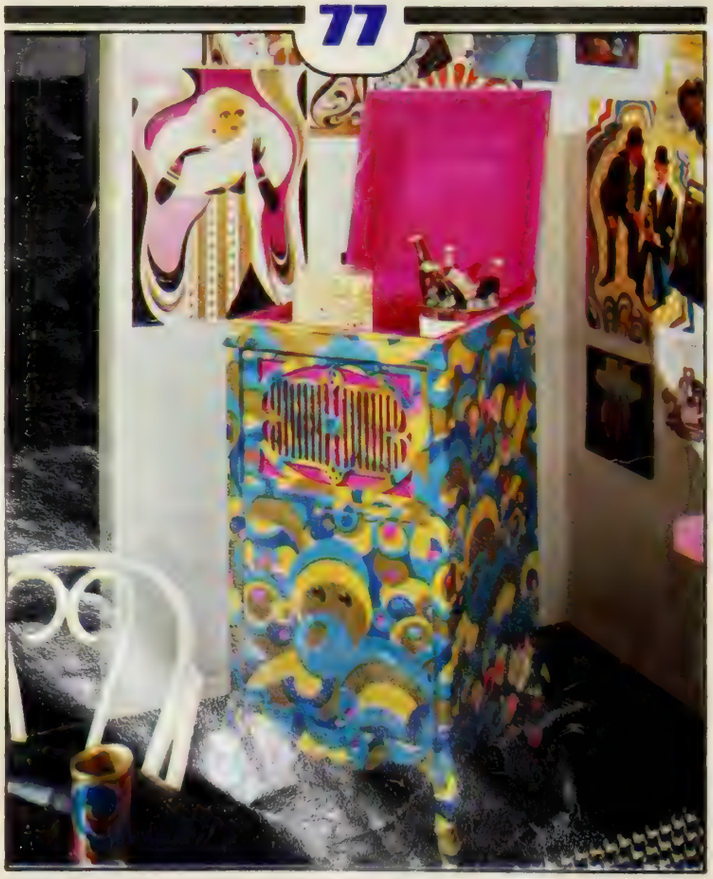
74. Two-faced comforter—$30. Cheer up a bedroom with an easy-to-make comforter like this. You can use it as a warm bed cover or as an outer coverlet. The classic paisley design complements most any decorating scheme. We stitched together navy blue bandannas for one side, red for the other, then added plenty of polyester batting for extra thickness. Red yarn tied at intervals keeps everything in place. For how-to information, see page 102.



75. Nifty door knocker—$1. Start with three pieces of one-inch lumber, about 3x10 inches. Cut three identical shapes in a pattern as shown. Reverse the center piece and pivot on a ¼-inch dowel pin. Cut off the tip of the striker, and glue into place between the other two pieces. Finish with stain, then glue the knocker on or near your door.

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76. Roomful of furniture—$91. Here's a quick and easy way to get a whole furniture grouping for a minuscule sum. The basic materials you'll need are three 4x8-foot sheets of ¾-inch, A-C grade plywood, three five-foot-long 2x4s, four-inch-thick foam pads, and enough material to cover the foam cushions. The chairs measure 30x30x30 inches, with all corners butt jointed. Glue and nail sides and back together, then attach the 28½-inch-wide seat the same way. Below the seat attach two 2x4 braces, one eight inches from the front and the other eight inches from the back. Cut pads to fit, then cover with fabric. Repeat the process for the sofa, except to double the width. Next build the 18x18x12-inch-high coffee table. Attach the top with a piano hinge to provide for storage within.

77. Second-hand bar—$25. With an old Victrola or radio, you have the makings of a novel refreshment stand. Start by removing all the unnecessary interior parts. If your unit is wobbly, support the legs and interior corners with L-shaped metal braces. Cut a ha dboard panel to fit behind the speaker grill, and paint the area. Wash down the outside surfaces of the unit with sanding liquid. Paint on white glue over the area to be covered with fabric, and add the material while the glue is wet. Use a stiff brush to tamp fabric into corners around moldings. Remove doors and cover them the same way. Use small strips and circles of fabric on moldings and other hard-to-cover areas. Use extra paint and leftover pieces of fabric to carry out the decorating theme.

78. Game buffs' cushion—$16. Stitch up this easy-to-make cushion for chess and checkers at your house. Make the simple needlepoint stitches from jumbo yarn and quick-point or rug canvas. Our 22x22-inch cushion has a foam base and shiny patent vinyl backing. Checkers are jar lids glued together and painted. For how-to, see page 102.

79. Bath space-saver—$63. To build this handy organizer, you'll need ¾-inch plywood for the sides and shelves, ⅝-inch plywood for the doors, and an assortment of cabinet hardware. Cabinets on the left side hold bath supplies, the center section

R TOO DOLLARS







stores linens, while the right side accommodates cleaning gear. Build the closets in three units, left, center, and right. Attach boxes together, then secure to wall studs with wood screws. Add decorative pull knobs and hinges to doors, and finish with magnetic latches to keep doors tightly shut. To make the closets blend with the room, add cornice molding at the top, and base shoe molding along the bottom. Stain or paint closets to match the bathroom's color scheme.

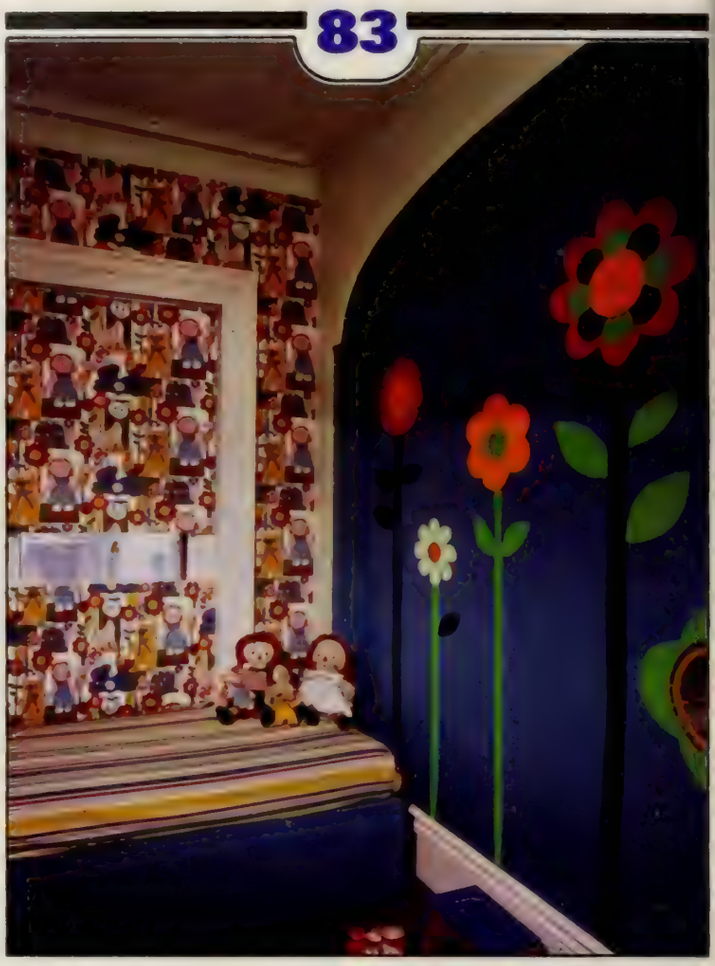
80. King-size sleep loft—$80. Made like a giant table, this 5x10-foot sleep loft frees floor space below for use as a study and lounge area. Make the top from three 4x8 sheets of ¾-inch plywood. Bolt the plywood to the 2x6 railings with two-inch screws. Use 4x4s, or pairs of 2x4s bolted together, for the supporting legs. Bolt legs to railings, then nail or screw end railings into wall studs to anchor the loft. Guardrails are advisable for restless sleepers. Make steps from 2x6s. Prime and paint, then apply carpet tiles to steps and loft area.

81. Register-grill table—$15. Comb the junk shops for a cast-iron grill to serve as your table-top. This one measures 16x20 inches, but build the frame to fit what you have. Use ¾-inch plywood, with a molding around the inside of the skirt to support the grill. Base stands 15 inches high. Use miter joints at corners, and cover top edges of plywood with veneer tape. Prime and paint grill, then stain the base. You might use other junk items instead of wood for the base.



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82. Entry multi-mirror—$32. Here's a quick and inexpensive way to dress up your entry hall. Place 30 adhesive-backed, 12x12-inch mirror tiles in position as shown above, then surround the outside edges with decorative molding. Paint or stain trim as you please. For a different effect, you might try the patterned mirror tiles now available, such as the gold-flaked, black and white, or mosaic silver designs.

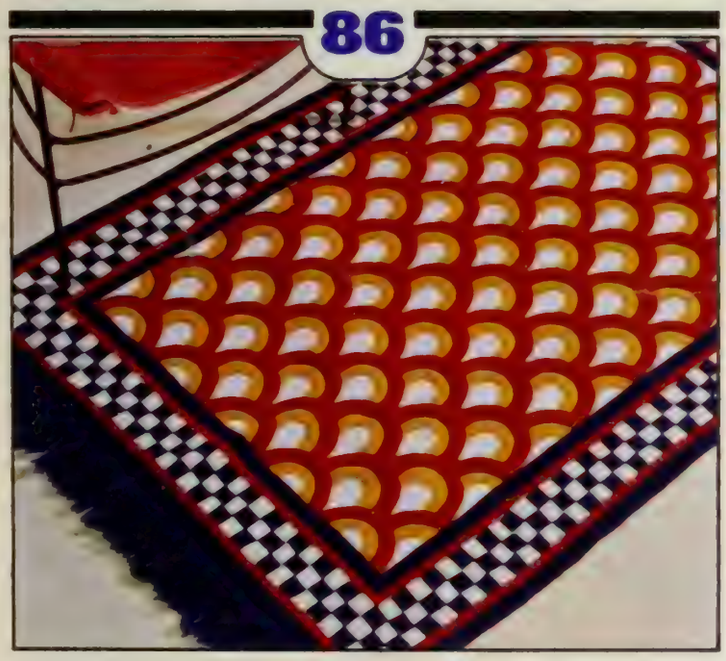
83. Felt and fabric room—$35. To please the Raggedy Ann fan in your house, how about a room like this? A bolt of fabric patterned with dolls, flowers, and other things little girls love was used on window and walls. You can attach the fabric to the walls with double-faced carpet tape and a few staples. The same print was used at the window for a shade and curtain. To make the shade, staple fabric to the roller, then finish it with a spray-on stiffener. Paint the other wall (or walls) royal blue, then apply a garden of felt flowers that duplicate the flowers in the fabric print. We suggest using the same double-faced tape for attaching the felt cutouts to the wall. Although not shown in the photograph, a half-width of fabric was used at the other end of the bed for a ceiling-to-floor drapery.

84. Flue-tile bench—$25. A basic bench like this would be a useful addition to patio or porch. The top of 2x4s rests on two 13-inch-square chimney flue tiles (or liners). Two 2x4s on edge hold the flat bench top together. Simply set the entire top unit on the flue liners—no other attachment is necessary. Carefully sand the top (to avoid splinters) and stain. The spaces in the tiles can also be used as storage spots for outdoor tools or game equipment.

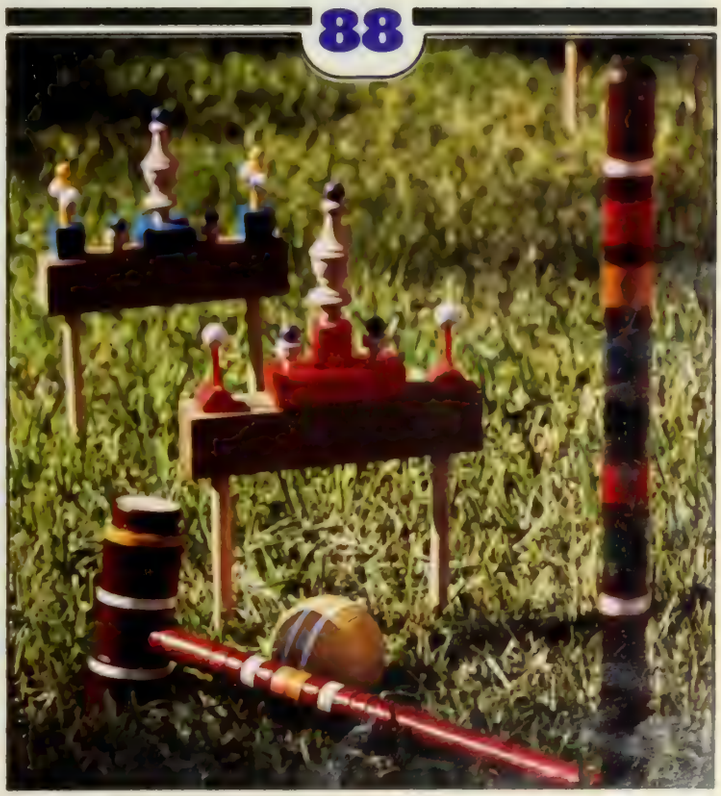
85. Plug-in chandelier—$17. Even if you're not a whiz kid when it comes to mechanical things, you won't find it difficult to make this contemporary chandelier. The only tool you'll need to put it together is a screwdriver for attaching the lamp cord to the socket. After that, just screw in two double-outlet socket adapters, plug in four plug/socket adapters, and screw in five medium-size globe bulbs. We suggest clear bulbs if you have a dimmer control, opaque bulbs if you don't. Attach the chandelier to

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the ceiling, using a standard mounting bracket and plate, available at a lamp parts store.

86. Appliquéd area rug—$17. Revitalize a room with a boldly beautiful rug design. Ours is just layers of felt cut out and appliquéd together with zigzag stitching. Whether you stitch the rug as shown or convert the design to needlepoint, hooked yarn, or weaving, the results will be equally striking. The 3x4½-foot design, shown here in banner-bright colors, would be appealing in most any color combination. If you like the design but don't need a rug, convert it into a wall hanging. Just omit the yarn fringe, stitch plackets at top and bottom (with wide bias tape on back), and insert dowels. How-to information, see page 102.

87. A rugged mailbox—$5. If your old mailbox is just about to be canceled, here's a good-looking replacement. It's constructed of ¾-inch pine, and measures 7½x7½x16 inches. The top hinges upward for access. Insert sections of ¼-inch-diameter dowel rods in each end of top to allow hinging action. Allow small space in back of the lid for clearance when lid opens. Slot in front and back is 1½ inches deep.

88. Work-of-art wickets—$19. Revive the leisured and mannerly game of croquet with a special flair. Tower-wickets are created with 1½-inch-square, eight-inch-long walnut blocks and ½-[illegible] wood dowels cut ten inches [illegible] and sharpened to a po[illegible] Drill holes at both ends of the blocks and glue the dowels in place. Top trim is glued-on wood turnings. Paint with exterior paint, to protect wood and add color.

100 IDEAS UNL







89. Child's exercise mat—$16. Your limber youngsters will enjoy a quilted mat designed especially for exercising and relaxing. This one features six abstract patchwork acrobats made of assorted fabric squares and triangles. Strips of plain and patterned fabric in coordinated colors frame the design. The finished size is approximately 44x60 inches. You can tie the mat with embroidery thread as shown, do outline-quilting by machine, or both. If you sew your mat with washable fabric and batting, you can launder it easily by machine. We added small plastic drapery rings to one end of the mat so it could be hung on the wall. For how-to instructions, see page 102.

90. Arrow clothes hanger—$9. Check your scrap lumber supply, and you may already have everything you need for this colorful and convenient kid's room idea. Cut out the arrow design from plywood—any thickness will do. Now drill three holes in the plywood and insert one-inch dowels. Frame the outside edges of the arrow with 1x2s. Paint the plywood face a bright yellow, stain or paint the 1x2 trim, then add a triangular mirror with mirror cement. Attach unit to wall studs with countersunk wood screws. Use the same techniques to make the hanger in other shapes.

91. Stovepipe T lamp—$10. To make this unusual lamp, you'll need a six-inch sheet metal stovepipe T. First, spray-paint the T with bright enamel, then when the paint is dry, carefully spray the inside white (using heat-proof paint). Cut a plywood disk to fit inside the base, then screw a porcelain socket to the center of the disk. Next, drill a hole in the back of the T for the lamp cord, then fasten the disk in place with a few short nails. Cut a ¼-inch-thick translucent plastic disk for the front of the T to diffuse the light. Attach the lamp cord to the socket, add a plug to the other end of the cord, and install a line switch at a convenient place. For a decorative lighting effect, select a low-wattage bulb.

92. Duplex birdhouse—$10. How about a classy clay-pipe

R100 DOLLARS

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birdhouse? Start with one-foot-long section of four-inch-diameter clay drain tile, divided in the middle by a ¾-inch plywood plug. Wooden plugs with 1¾-inch holes for entry also form the doorways. (The 1¾-inch opening suits wrens, but check size needed if you want other birds.) Match two 2x4s as shown, then mark and cut out to hold the tile. Insert threaded rods through holes above and below the tile, and tighten the nuts in a clamp effect. Before assembling, treat the 2x4s with preservative, stain, or paint. The houses are easy to clean. Just remove the bolts, knock out the wooden plugs, and wash out the tile.

93. Coffee table plus—$30. This coffee table/storage box more than earns its floor space. Make the 2x5-foot tabletop from ¾-inch plywood. Then nail and glue strips of 1¾-inch doorstop molding along the edges of the plywood, ⅛-inch below the top. Miter corners of molding. Use ¾-inch plywood to construct the 13x20x14-inch-high storage boxes. To get the indented design on the doors, nail and glue doorstop molding around plywood. Attach doors to boxes with piano hinges. Now add a pull knob and magnetic latch to each door. Countersink screws through tabletop into boxes to secure unit. Fill countersunk holes and sand surfaces with extra-fine sandpaper. Prime, sand lightly again, then follow with two coats of high-gloss white enamel.

93



94



94. Cylinder table lamp—$12. There's an elegant simplicity to this plastic cylinder lamp that's matched by its easy construction. Buy a 15-inch tall, six-inch-diameter translucent plastic cylinder, plus a piece of ⅛-inch-thick plastic for the top disk. Saw out the top, carefully sand the edges, and glue in place with plastic cement. Cut a notch at the base of the cylinder for the lamp cord. Cut a disk of plywood smaller than the cylinder diameter, and screw on a porcelain socket. Attach the lamp cord and screw in a long 40-watt showcase bulb. Add a line switch and plug to the cord. Set the cylinder over the base assembly. Now flick the switch and enjoy the glow you've created.

100 IDEAS UNL







95. Butcher-block table—$48. Here's a compact breakfast bar that will transform any available area into a snack center. To make the table legs, use ¾-inch-diameter galvanized plumbing pipes and fittings. We used nickel-plated fittings, then polished and lacquered both the pipes and fittings to brighten up the table's appearance. You can get this part of the project done at any commercial plating company; or if you'd like a less expensive treatment, just prime and paint the hardware. Brass balls attached to the legs are lamp finials (available at your local lighting store). Order a suitably sized butcher-block top from your lumber dealer, and have him round off the corners. Attach the tabletop to the legs with wood screws and standard pipe flanges.

96. Stained-glass light—$50. This glamorous light for entry or hallway is made from a salvaged stained-glass window set into a plastic box frame. The dimensions will depend on the size of your glass, but the plastic box should be no less than eight inches deep. Cut ten-inch-wide pieces of ¼-inch-thick plastic sheet to length for the four sides of the box. Then use a strip heater (available where plastic is sold), to make a two-inch right-angle bend along the edge of each sidepiece. Now cut off about 1¼-inches of the two-inch part to leave a flange to hold the glass. Cut out corners of the two longer sides to allow for the adjoining flange on the shorter sides. Fasten the four sides together with plastic cement. Now cut a piece of ¾-inch plywood to the inside dimensions of the box. Drill a hole in it for the wires, then screw the plywood to the ceiling. Screw two fluorescent fixtures to the plywood, and connect wires. Drill and countersink holes in the plastic box for flathead wood screws; insert stained glass and screw the box to the edges of the plywood. Cover screwheads with a continuous strip of tape.

97. Home playground—$40. Begin this project by sinking four 4x4 posts of various heights into the ground approximately 2½ feet deep. Set posts in concrete for stability. Now connect the posts with pairs of 2x6s of varying lengths. Hang the ¾-inch swing rope from the bolt that connects the ends of the highest pair of 2x6s. Make sure all wood and metal edges are smooth; prime, then paint with exterior latex. Cover base of play unit with at least six inches of sand or bark mulch; border with bricks or concrete.

98. Suede coffee table—$90. You can make this rugged table any size you want. The 30x60x14-inch box shown here is made with ¾-inch plywood. Once you've built the box, go to your local leather goods store and buy enough suede scraps to cover the box surface. Coat one side of the suede with white glue and apply to box. Continue cutting and applying the suede scraps until the entire surface of the box is covered. Finally, spray the suede with two coats of fabric protector for spill insurance.

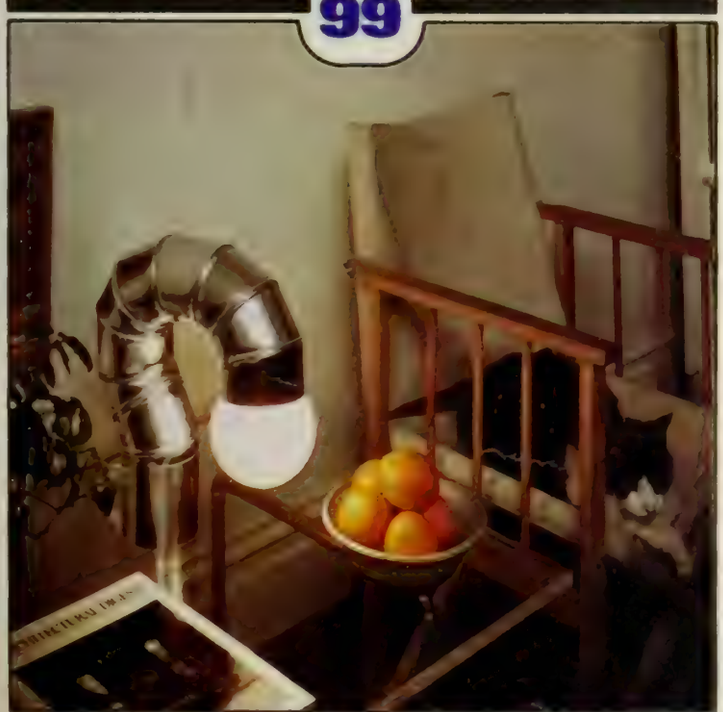
99. Elbow mood light—$10. Make this versatile lamp from three four-inch diameter sheet metal elbows and a short length of pipe for the base. It's the same material you might use to vent your dryer. Cut a four-inch plywood disk and drill a hole in the center so a small porcelain socket can protrude through. Attach socket to plywood and connect one end of the lamp wire. Position plywood disk so that the large bulb will fit into the elbow and fasten in place with short nails. Next cut a four-inch length of pipe for the base and fit another plywood disk into the bottom;

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drill a hole for the lamp cord in the back. Thread the cord through the other two elbows, base, and out the hole. Then add weight to the base with rocks or lead weights. Now push the elbows and base together, add plug and line switch.

100. Hanging terrarium—$13. Hang a fishbowl or other container in a net made of ordinary string. Wrap a wire ring with string or twine—to serve as the supporting base of the net. To make the supporting net, loop heavy string through wooden beads, then knot around the ring base. You'll need six lengths of twine, each two yards long, for a net this size. Double each piece to make a loop knot on the base ring at even intervals, with a bead in each knot. After making the loop, you actually have 12 lengths of twine to work with. Place the ring on the inverted empty container, and start the fishnet pattern. To make the diamond-

100



shaped sections, separate the double twine lengths and take in different directions. Make knots over beads, then return twine to its original mate. At top of container, gather twine into groups of four, and knot to make the hanging ropes. Plant bowl with terrarium plants, hang inside or outside in a protected area. Don't place in direct sunlight.

By
Doris Eby, Food Editor, and Nancy Byal, Associate

Go back to nature for the ultimate in summer eating! Right now you'll find a bumper crop of luscious fresh fruits in the supermarkets, at roadside stands, or in your own garden. Melons, berries, plums, peaches, nectarines, apricots, and cherries are all at their summertime best. They're sweet, juicy, and just downright delicious. To inspire you, we've gathered a memorable collection of fruit desserts and salads. They look and taste so fresh, you'll think we picked them straight from the fruit orchard, melon field, and berry patch.

fabulous fresh fruits





Photographs: Lyon Food stylist: Fran Paulson

red raspberry souffle

Transform a bramble of berries into Red Raspberry Souffle with egg yolk custard, whipped cream, and egg whites. Crown your masterpiece with a coral dollop of whipped cream and a sprinkling of whole berries.

peachy beef toss

Combine beef and vegetables and you get a standard main dish salad. Add fresh peaches and a peppy dressing made with horseradish and hot pepper sauce and you get Peachy Beef Toss. It's sure to make a hit at your house.

orange cherry cake

Triple-decker Orange-cherry Cake is scaled to meet the hungriest expectations. Fluffy whipped cream piped through a pastry tube and quartered dark sweet cherries fill and top the citrusy sponge cake.

Recipes begin on page 96.


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fabulous fresh fruits



rainbow compote

Orange slices, blueberries, honeydew melon cubes, and strawberry halves are bathed in a candied ginger fruit syrup for Rainbow Compote. Layer the fresh fruits in a deep crystal serving bowl to show off the vibrant fruit hues.

frozen peaches and cream mousse

Mashed peaches, sour cream, and grenadine syrup give French vanilla ice cream a flavor and color boost in Frozen Peaches and Cream Mousse. Use additional grenadine and peach slices to garnish this smooth, rich creation.



tropic isle melon pie

For a dazzling dessert that's surprisingly easy, try Tropic Isle Melon Pie. Cubes of cantaloupe are couched in a lemon whipped dessert mix and dessert topping fluff. A toasty coconut crust replaces usual pastry.

Recipes begin on page 96.

Buying information, page 103





fabulous fresh fruits

spicy plum salad

A garland of red plum slices arranged in cinnamon-, clove-, and wine-spiked raspberry gelatin transforms Spicy Plum Salad into a work of art. Just before serving, top the vivid lettuce-lined salad with a generous mound of mayonnaise.



rosy nectarine float and nectarines royale

This dessert duet puts nectarines in the spotlight. Float a scoop of nectarine-pineapple sherbet in cranberry-lemonade punch for Rosy Nectarine Float. Elegant Nectarines Royale stars brandied nectarines and sour cream topping.



deep-dish plum pie

Little Jack Horner would never stop with one plum if he could taste Deep-dish Plum Pie. The purple plum filling is brown sugar-sweetened and faintly spiced. Cream or ice cream makes a congenial companion. **Recipes begin on page 96.**

fabulous fresh fruits



fresh fruit mixer with watermelon ice

A watermelon does double duty in Fresh Fruit Mixer with Watermelon Ice. Carve and hollow out the melon to hold a fresh fruit medley. Then use the melon pulp to make frosty mounds of Watermelon Ice to perch atop the fruit.



apricot banan shortcake

Here's a version of shortcake to add to the all-time favorites. Sandwich apricot-banana sauce and whipped cream between the split cake, then lavish Apricot Banana Shortcake with more sauce, cream, and coconut.

Recipes begin on page 96.


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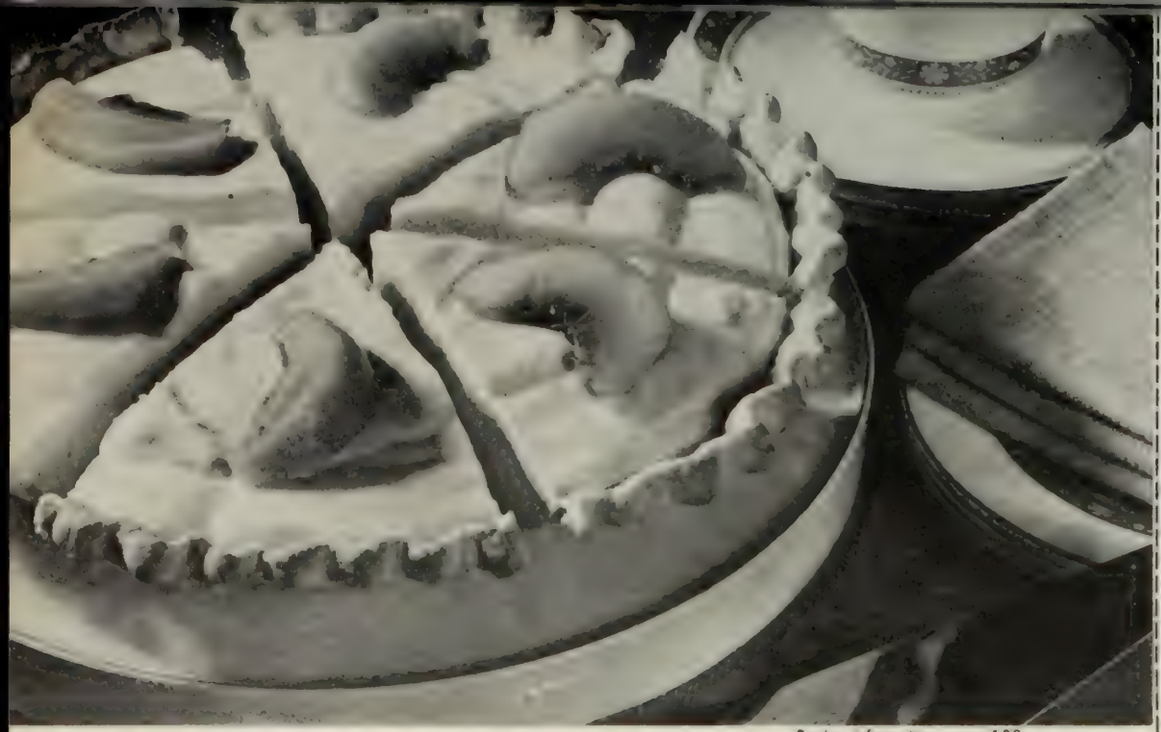
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Buying information, page 108

FILE UNDER PASTRY & PIES

REFRIGERATOR PIES

Summertime Eggnog Pie

No-bake custard mix sparked with rum and fluffed with whipped dessert topping wins first prize as a refreshing refrigerator pie—

- 1 3-ounce package no-bake custard mix
- 1 envelope unflavored gelatin
- ¼ teaspoon nutmeg
- 2¼ cups milk
- 2 tablespoons rum *or* 2 teaspoons rum flavoring
- 1 4½-ounce carton frozen whipped dessert topping, thawed
- 1 baked 9-inch pastry shell

In medium saucepan, combine no-bake custard mix, unflavored gelatin, and nutmeg. Stir in milk. Bring quickly to boiling, stirring mixture constantly. Remove from heat; stir in rum or the rum flavoring. Chill gelatin mixture till partially set. Fold in whipped dessert topping. Chill again, if necessary, till mixture mounds. Turn into baked pastry shell. Chill several hours or till firm. Garnish with peach slices, if desired.

Ms. Laurie Malcom, Quincy, Mass.

Cut along dotted line



Photographs: Dieter

FILE UNDER BARBECUES

HAMBURGERS FROM THE GRILL

Burrito Burgers

Cook south-of-the-border style for a prizewinning taste—

- ½ of 15-ounce can refried beans (1 cup)
- 1 4-ounce can mild green chilies, drained and chopped
- ¼ cup chopped onion
- 1½ pounds ground beef
- 4 slices (4 ounces) sharp process American cheese
- 8 flour tortillas
- 1 cup chopped lettuce
- 1 medium tomato, chopped

Combine beans, 2 tablespoons of the chilies, the onion, and ¾ teaspoon salt. Add beef; mix well. Divide mixture into eight portions; shape in 8 5-inch patties. On one side of each patty, place half a cheese slice. Fold over forming semicircle; seal. Grill over medium coals 5 to 6 minutes; turn and cook 4 to 5 minutes more. Place tortillas on grill to heat. Serve burgers in hot tortillas. Pass lettuce, tomato, and remaining chilies. Makes 8 servings.

Mrs. Donald Lavers, Castle Rock, Colo.



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Pinwheel Burgers

A chopped vegetable filling makes the pinwheel pattern—

1 slightly beaten egg
1 teaspoon salt
1½ pounds ground beef
3 tablespoons butter or margarine
2 cups (5 ounces) chopped fresh mushrooms
½ cup finely chopped green pepper
¼ cup finely chopped onion
6 hamburger buns, split and toasted

In bowl, combine egg and salt. Add ground beef; mix well. Roll or pat mixture into 10x4-inch rectangle. In small skillet, melt butter or margarine. Add mushrooms, green pepper, and onion; cook till tender but not brown. Spread over meat. Roll up jelly-roll fashion, starting from narrow end. Seal edges. Cover; chill one hour. Slice into six pinwheels. Place in burger basket. Cook over medium-high coals for 5 to 6 minutes. Turn and cook 5 minutes more or till done. Serve on toasted buns. Makes 6 servings.

Susan G. Fine,
Santa Monica, Calif.



Dilly Burgers

Hash brown potatoes and deviled ham are mixed into every bite—

1 cup frozen hash brown potatoes with added onion and red and green peppers
1 tablespoon butter or margarine
1 4½-ounce can deviled ham
¼ teaspoon salt
1 pound ground beef
½ cup dairy sour cream
½ teaspoon dried dillweed

In small skillet, cook hash browns in butter or margarine till browned. In medium bowl, combine the potatoes, deviled ham, and salt. Add ground beef; mix thoroughly. Shape into 4 patties. Grill over medium-high coals 5 to 6 minutes; turn and cook 5 minutes more or till done. Combine sour cream and dillweed. Top each burger with a dollop of the sour cream mixture. Makes 4 servings.

Mrs. A. T. Knight,
Sulphur Springs, Tex.



Lemon-pineapple Pie

To make an easy pie easier, use a purchased graham cracker crust—

1 20-ounce can crushed pineapple
1 3¾- or 3⅝-ounce package *instant* lemon pudding mix
1 2-ounce package dessert topping mix
1 9-inch graham cracker crust

In mixing bowl, stir together *undrained* crushed pineapple and dry pudding mix. In another bowl, prepare dessert topping mix according to package directions; fold gently into pineapple pudding mixture. Turn into graham cracker crust. Chill several hours or overnight. To serve, garnish with additional whipped topping, if desired.

Mrs. Glen Malenke,
Austin, Minn.



Creme de Cherry Tarts

Pile this light maraschino filling into a 9-inch pie shell if you prefer—

1 envelope unflavored gelatin
½ cup sugar
Dash salt
½ cup water
3 egg yolks
¼ cup crème de almond
4 drops red food coloring
3 stiff-beaten egg whites
1 cup whipping cream
⅓ cup (4 ounces) maraschino cherries, drained and chopped
10 3-inch baked tart shells

In saucepan, combine gelatin, sugar, and salt. Beat together water and egg yolks; add to mixture in saucepan. Cook, stirring constantly, till mixture is slightly thickened. Remove from heat; stir in crème de almond and red food coloring. Chill till partially set. Fold in egg whites. Whip cream; fold into gelatin mixture. Fold in cherries. Chill till mixture mounds slightly. Pile into prepared tart shells. Chill till firm. Makes 10 crème de cherry tarts.

Miss Carley Lindsay,
Bonaparte, Iowa

Fond of things Italiano? Try a sip of Galliano.



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Add a Dash of Fun



Summertime was designed for fun. There's no reason to call a halt to the enjoyment when it's time to prepare a meal.

Add a dash of fun to every meal.

Glamorize an old standard or try an entirely new dish. And don't do a solo at every meal. Encourage the family to get involved. Cooking at the table, eating outdoors, and inventing new combinations of foods are sure ways to get everyone into the act and enjoying it.

A superb summer salad takes on a new and different look when it is arranged in layers in a glass salad bowl. Your blender can take over the time-consuming task of chopping the vegetables. Choose your favorite dressing and toss the salad with it at the table or offer a dressing selection and let everyone participate. The recipe is from the Better Homes and Gardens Blender Cook Book.

Garden Row Salad

3 medium carrots, sliced
1 large cucumber
1 pint cherry tomatoes, halved
4 stalks celery, sliced
1½ cups croutons
4 ounces sharp natural Cheddar cheese, cut in cubes (1 cup)
½ slice bread, torn in pieces
2 hard-cooked eggs, sliced
6 slices bacon, crisp-cooked and crumbled
Choice of salad dressing

Put carrots in blender container; cover with cold water. Blend till coarsely chopped. Drain. Layer carrots in bottom of glass salad bowl.

Halve cucumber lengthwise; remove seeds. Cut cucumber in pieces; put in blender container. Cover with cold water. Blend till coarsely chopped. Drain. Layer cucumber atop carrots. Place tomatoes atop cucumbers.

Put celery in blender container; cover with cold water. Blend till coarsely chopped. Drain; layer celery atop tomatoes. Place croutons atop celery layer in bowl.

Wipe blender container dry. Put cheese and bread in blender container; blend till coarsely chopped. Arrange cheese, egg slices, and bacon atop salad. Before serving, toss with dressing. Makes 10 to 12 servings.

Creamed chicken or creamed tuna may sound less than exciting. Add the excitement underneath . . . try serving your own good, economical creamed tuna on cheese rice squares. With this recipe from the Cooking With Cheese book, an old favorite meal becomes new and interesting.

Cheese Rice Squares

3 cups cooked rice
4 ounces sharp process American cheese, shredded (1 cup)
½ cup snipped parsley
¼ cup minced onion
1 teaspoon salt
½ teaspoon monosodium glutamate
3 beaten eggs
1½ cups milk
1 teaspoon Worcestershire sauce

Mix rice, cheese, parsley, onion, and seasonings. Combine eggs, milk, and Worcestershire; add to rice mixture and mix thoroughly. Pour into greased 10x6x1½-inch baking dish. Bake in slow oven (325°) for 40 to 45 minutes or just till set. Cut in squares; top with your favorite creamed chicken or tuna. Serves 6 to 8.

Anytime is the right time to fondue. It does not have to follow skiing at a mountain lodge. Butterscotch fondue is a delightful way to end a summer meal. Your family will linger at the table, dipping pound cake, vanilla wafers, apples or popcorn into the fondue pot. The recipe is from the Fondue book.

Butterscotch Fondue

½ cup butter or margarine
2 cups brown sugar
1 cup light corn syrup
1 15-ounce can sweetened condensed milk (1⅓ cups)
1 teaspoon vanilla

In saucepan melt butter; stir in sugar, corn syrup, and 2 tablespoons water. Bring to boiling. Stir in milk; simmer, stirring constantly, till mixture reaches thread stage (230°). Add vanilla. Pour into fondue pot; place over fondue burner. Spear dipper with fondue fork; dip in fondue. (If mixture becomes too thick, stir in a little milk or water.) Makes 8 servings.

Glamour is the only word to describe the scene as you spoon flaming brandy over crepes at the table. Move the act out on the patio with a backdrop of summer evening sky and you really have a show. The preparation isn't difficult. The crepes can be prepared ahead, then rolled up and heated in the sauce at serving time. The recipe is from the Fondue and Tabletop Cooking book.

Ham-Apricot Crepes

1 cup sifted all-purpose flour
1 cup milk
1 slightly beaten egg
1 tablespoon butter or margarine, melted
10 thin slices boiled ham
1 8-ounce can apricot halves
⅔ cup sugar
2 tablespoons cornstarch
1 12-ounce can apricot nectar (1½ cups)
2 teaspoons lemon juice
2 tablespoons butter or margarine
¼ cup brandy (optional)

Combine flour, milk, egg, and the melted butter or margarine; beat till smooth. Lightly grease a 6-inch skillet; heat. Remove from heat and pour 2 tablespoons batter into skillet; quickly tilt pan from side to side till batter covers bottom. Return to heat; brown crepe on one side only. Repeat with remaining batter to make a total of 10 crepes.

To prepare sauce drain apricots, reserving syrup. Mix sugar, cornstarch, and dash salt in saucepan. Blend in reserved syrup. Add nectar. Cook and stir till slightly thickened and clear. Remove from heat; add lemon juice. Stir in 2 tablespoons butter till melted.

Place a ham slice on unbrowned side of each crepe; roll up with ham on inside. Place crepes and apricot halves in blazer pan of chafing dish. Pour sauce over; cover and heat through over direct heat. In small saucepan heat brandy. Remove chafing dish cover; ignite brandy and spoon over crepes. Makes 5 servings.

All you really need to add the fun to your summer meals is a supply of ideas. And you're in a great place to begin. Take note of the Family Food Ideas on the following pages and then take advantage of these advertisers' offer to order the fun-packed idea books from Better Homes and Gardens. The special offer gives you three books for the price of two.

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It makes sensible eating delicious.

1 recipe Zesty Dressing

Combine romaine, spinach, roast beef, peaches, avocado, and tomatoes in salad bowl. Just before serving, toss with *Zesty Dressing:* In screw-top jar, combine ½ cup salad oil, 3 tablespoons vinegar, 1 tablespoon prepared horseradish, ½ teaspoon worcestershire sauce, ½ teaspoon salt, ⅛ teaspoon pepper, and 2 drops bottled hot pepper sauce. Cover and shake well. Makes 6 servings.

ORANGE CHERRY CAKE

Pipe the whipped cream with a pastry tube for added glamour—

¾ cup (8) egg yolks
⅔ cup sugar
1 teaspoon grated orange peel
½ cup orange juice
1 cup sifted cake flour
1 cup (8) egg whites
1 teaspoon cream of tartar
½ teaspoon salt
⅔ cup sugar
1½ cups whipping cream
2 tablespoons sugar
1 pound fresh dark sweet cherries, pitted and quartered (3 cups)

Beat egg yolks till thick and lemon-colored; gradually add the first ⅔ cup sugar, beating till thick. Combine orange peel and orange juice; beat into egg mixture alternately with cake flour. Beat egg whites with cream of tartar and salt till soft peaks form. Gradually add the second ⅔ cup sugar, beating till stiff peaks form. Gently fold into egg yolk mixture. Turn into ungreased 10-inch tube pan; bake in 325° oven for 1 hour. Invert cake in pan; cool. Remove cake from pan. Split



cake into 3 layers. Whip cream with the 2 tablespoons sugar. Spoon cream and cherries between the cake layers and on top.

RAINBOW COMPOTE

½ cup honey
2 tablespoons lemon juice
1 tablespoon finely snipped candied ginger (optional)
1 teaspoon grated orange peel
4 oranges, peeled and sliced
1½ cups fresh blueberries
2 cups cubed honeydew melon
1½ cups halved strawberries

Combine honey, lemon juice, candied ginger, and orange peel. Pour over orange slices in bowl; chill several hours or overnight.

begins on page 82

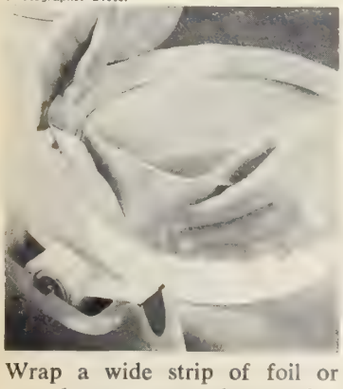
Fabulous fresh fruits

RED RASPBERRY SOUFFLÉ

To prevent the berries from losing their shape, fold in carefully—

1 cup fresh red raspberries
2 tablespoons sugar
1 envelope unflavored gelatin
¾ cup water
4 slightly beaten egg yolks
2 tablespoons lemon juice
½ teaspoon vanilla
Dash salt
Few drops red food coloring
4 egg whites
½ cup sugar
½ cup whipping cream

Photographs: Dieter



Wrap a wide strip of foil or waxed paper around top of a 1-quart soufflé dish to form collar. Sprinkle raspberries with the 2 tablespoons sugar; set aside. In saucepan, soften gelatin in water. Add egg yolks; cook and stir over low heat till gelatin dissolves and mixture coats a metal spoon. Stir in lemon juice, vanilla, and salt. Cool slightly. Tint pink with food coloring. Fold raspberries into gelatin mixture. Beat egg whites till soft peaks form; gradually add the ½ cup sugar, beating till stiff peaks form. Fold into gelatin mixture. Whip cream; fold into gelatin mixture. Turn mixture into soufflé dish. Chill till firm. Trim with additional whipped cream and raspberries, if desired. Makes 10 to 12 servings.

PEACHY BEEF TOSS

The dressing can be made ahead and chilled—

1 head romaine, torn in bite-size pieces (4 cups)
3 cups fresh spinach torn in bite-size pieces
1½ cups cooked roast beef cut in strips
3 fresh medium peaches, peeled, pitted, and sliced (1½ cups)
1 avocado, pared, pitted, and sliced
12 cherry tomatoes, halved



The Chicken Kiev on the right, made with Fleischmann's Margarin instead of butter, is 53% lower in saturated fat.

CHICKEN KIEV Pound 8 large pieces boned chicken breasts very thi 1-1/2 tbsp. Fleischmann's Margarine in center of each breast. Combine chives, 1 tsp. salt and 1/8 tsp. pepper; sprinkle over margarine. Roll breast and overlap sides so that margarine mixture is completely enc the flesh will adhere. Beat 4 egg whites and 2 tbsp. milk together. chicken in bread crumbs, then in egg white mixture and again in b crumbs; coat well. Refrigerate at least 20 minutes. Deep fry in hot (3 corn oil until well browned, 8 to 10 minutes. Drain well. Serve ho Makes 8 servings.

Fleischmann's Margarine
It makes sensible eating delicious.



The broccoli on the right, ed with Fleischmann's Margarine instead of butter, is 69% lower in saturated fat.

OLI Buy 1 bunch dark green, firm broccoli, with no trace of yellow. ll in cool water and cut off stalk bottoms and leaves. Separate into tes. If stems are thick, quarter lengthwise up to flowerettes. Stand ttes up in small saucepan. Cover stems with water. Add 1 tsp. salt. o boil and cook about 10 min. or until tender crisp. Drain well and ve topped with 2 tbsp. Fleischmann's Margarine. 4 servings.

Fleischmann's Margarine
It makes sensible eating delicious.

FAMILY FOOD IDEAS

sour cream, and the ¼ cup grenadine syrup. Tint with red food coloring. Stir ice cream just till softened; fold in peach mixture. Turn into 5-cup mold. Freeze firm. Unmold onto serving plate and drizzle some additional grenadine syrup over. Garnish with some additional fresh peach slices, if desired. Makes 10 to 12 servings.

SPICY PLUM SALAD

Unmold salad, then trim the plate with lettuce—

1½ cups chopped pitted fresh red plums
⅓ cup dry white wine
1 6-ounce package raspberry-flavored gelatin
½ teaspoon ground cinnamon
⅛ teaspoon ground cloves
2 cups boiling water
1 cup cold water
2 large red plums, pitted and sliced (optional)
Salad greens

Combine the 1½ cups chopped plums and the wine; let stand 3 hours. Combine gelatin, cinnamon, and cloves; stir in boiling water till gelatin is dissolved. Drain plums, reserving wine. Combine wine and cold water; stir into gelatin mixture. Chill gelatin mixture till partially set; stir in the chopped plums. Arrange the plum slices in 5-cup mold; carefully pour in a little gelatin mixture. Chill till almost firm. Pour in remaining gelatin. Chill till firm. Unmold onto serving plate, line with greens. Serve



with mayonnaise or salad dressing, if desired. Makes 8 to 10 servings.

ROSY NECTARINE FLOAT

Next time use lemon sherbet—

3 fresh nectarines
2 pints pineapple sherbet, slightly softened
1 6-ounce can frozen lemonade concentrate
2½ cups water
4 cups (1 quart) cranberry juice cocktail, chilled

Chop 2 of the nectarines. Place ½ cup of the sherbet and the chopped nectarines in blender container. Cover and blend till smooth. Combine with the remaining sherbet; freeze firm. Stir lemonade concentrate with the

continued

hill the remaining fruits. Drain anges, reserving liquid. Arrange anges in bottom of compote. op with a layer of blueberries, en melon cubes, and halved rawberries. Pour reserved liquid ver all. Garnish with additional hole strawberries, if desired. lakes 10 servings.



TROPIC ISLE MELON PIE

Be sure the pie is thoroughly chilled before cutting—

1 3½-ounce can (1⅓ cups) flaked coconut
2 tablespoons butter or margarine, melted
1 3½-ounce package lemon whipped dessert mix
1 cup frozen whipped dessert topping, thawed
2 cups cubed cantaloupe

Combine coconut and butter or margarine; mix well. Pat mixture onto bottom and sides of 9-inch



pie plate. Bake in 325° oven for 15 minutes or till crust is golden. Cool. Prepare lemon dessert mix according to package directions *except* use ½ cup milk for the first liquid addition and only ¼ cup cold water for the second liquid addition. Fold in whipped topping, then cantaloupe; turn into prepared crust. Dash lightly with ground allspice, if desired. Chill 4 to 5 hours or overnight.

FROZEN PEACHES AND CREAM MOUSSE

Sour cream adds tartness—

2 fresh peaches
1 cup dairy sour cream
¼ cup grenadine syrup
Few drops red food coloring
1 quart French vanilla ice cream
Grenadine syrup

Peel, pit, and mash the peaches; drain. Combine drained peaches,



The apple pie on the right, made with Fleischmann's Margarine instead of butter, is 69% lower in saturated fat.

APPLE PIE Combine 2 C. unsifted flour, 1 tsp. salt and 2/3 C. Fleischmann's Margarine in a bowl. Add 6 tbsp. ice water; mix thoroughly. Chill. Roll 1/2 fit 9" pie pan. Put in pan. Combine 6 C. sliced, fresh apples, 3/4 C. 1/4 C. flour and 1 tsp. cinnamon. Turn into pan. Dot with 2 tbsp. Roll out remaining pastry. Place over apples. Seal to bottom edge. Cut 6 slits. Bake at 400° F. about 50 min. or till done.

Fleischmann's Margarine
It makes sensible eating delicious.



Have dinner for lunch.

When this man works, he works hard. And he has to keep going until the job is done. He can build up quite an appetite.

A man like this needs a lunch that can really stay with him through the day.

That's where Dinty Moore comes in.

Dinty Moore Beef Stew contains the same good things you'd expect in a good dinner. Meat, potatoes, carrots and a good meat gravy with bits of beef right in it. Mmm!

A meal like this really satisfies, just like a good dinner. It's just more convenient.

So you can have it for lunch.





Hormel
FINE FOOD PRODUCTS

continued

Fabulous fresh fruits

water till dissolved; chill before serving, scoop s mixture into tall glasses. bine cranberry juice cockt lemonade; pour into g Slice remaining nectarine 1 slice on rim of each glas nish with fresh mint spr desired. Serve with long Makes 8 to 10 servings.

NECTARINES ROYALE

6 medium fresh nectarines (1 pounds)
1 cup granulated sugar
1 cup water
3 tablespoons brandy
1½ teaspoons vanilla
½ cup dairy sour cream
2 tablespoons powdered sug
1 tablespoon brandy

Blanch and peel nectarin and cut in quarters. In saucepan, combine nect the granulated sugar, and Bring to boiling; simmer ute. Stir in 3 tablespoons b and the vanilla. Let sta fruit reaches room temper then chill. Just before servi range fruit in six individua sert dishes. Combine sour c powdered sugar, and the re ing brandy; spoon over n ines. Makes 6 servings.

DEEP-DISH PLUM PIE

5 cups halved, pitted fresh purple plums (2 pounds)
¾ cup packed brown sugar
2 teaspoons quick-cooking ta
¼ teaspoon ground cinnamo
Dash salt
Dash ground nutmeg
1 tablespoon butter or margar
Pastry for 1-crust 9-inch pie

Combine plums, brown s tapioca, cinnamon, salt, and meg. Let stand 15 minutes. into 8-inch round baking Dot with butter or marg Roll pastry to 9-inch circle. over filling. Trim; flute edg seal. Cut slits for escape of st Using pastry trimmings, ga top of pie with pastry cutou desired. Bake in 375° oven 40 to 45 minutes. Serve w with cream or ice cream.

FRESH FRUIT MIXER WITH WATERMELON ICE

A blender makes it easy to p the watermelon pulp—

1 medium watermelon, well-chi
1 recipe Watermelon Ice
1 medium pineapple, pared, co and cubed (2 cups)
3 cups seedless green grapes
3 fresh medium nectarines, pi and sliced
4 fresh medium red plums, pitte and sliced
2 cups fresh blueberries

Cut thin slice off bottom of me

FAMILY FOOD IDEAS

it sit flat. Using scal-
, remove top third of
on. Carefully scoop out
ulp, removing seeds.
lon shell with clear plas-
and keep chilled. Use
repare *Watermelon Ice:*
ough seeded melon pulp
cups. Combine pureed
cluding juice, 2 cups
cup lemon juice, and a
. In saucepan, soften 2
unflavored gelatin in
ater; stir over low heat
n is dissolved. Add gela-
lon mixture; blend thor-
our mixture into refrig-
ays; freeze till partially
urn mixture into chilled
t till light and fluffy. Re-
efrigerator trays; freeze
kes 8 cups ice.
ve, combine pineapple,
nectarines, plums, and
es; turn into watermelon
p the fruit mixture with
f Watermelon Ice.

BANANA SHORTCAKE

flavor, choose fully ripe

—

gar
oons cornstarch
sweetened pineapple

oon lemon juice
oon vanilla
fresh apricots, pitted
ced (8 or 9 apricots)
bananas, sliced
hipping cream
oon vanilla
Shortcake
coconut

pan, combine sugar and
ch; stir in the pineapple
ok and stir over medium
mixture is thickened and
Stir in lemon juice and
t ½ teaspoon vanilla.
ombine chilled pineapple
apricots, and bananas.
eam with remaining va-
lit Shortcake in half hori-
. To serve, spoon some
ruit sauce and whipped
etween cake layers and
op with toasted coconut.
8 servings.

AKE
ll-purpose flour
oons sugar
ons baking powder
oon salt
utter or margarine
egg
ght cream

ghly stir together flour,
aking powder, and salt;
butter or margarine till
resembles coarse crumbs.
e egg and cream; add all
to flour mixture, stirring
ough to moisten. Spread
in greased 8x8x2-inch
pan, building up edges
. Bake in 450° oven for
8 minutes. Remove from
ol on rack.

Eyes on Potatoes!

No matter what kind of dinner you're planning, French's offers the right kind of potato dish to make a square meal of it. Choose French's au gratin, scalloped, or their famous instant mashed. All easy, quick—and delicious. And don't forget the gravy. French's new Gravy Makins is ready in a minute; comes in eight hearty flavors.

French's introduces the 60 second gravy.

New French's Gravy Makins is as good as it is fast! Now you can make homemade-tasting gravy in just sixty seconds. Because all you need is boiling water! No cooking, no waiting. Stirs instantly into rich, smooth, great tasting gravy. There are eight flavors, one for every kind of meat. So try French's great new Gravy Makins. It only takes a minute.



Go gourmet on a budget!

Steak 'n Salad

How to turn an economical cut of beef and salad greens into a gourmet dinner.

FAMILY FOOD IDEAS

The juicy round steak is made tender with Adolph's® Instant Meat Tenderizer.* Then broil or barbecue to taste. (Or, for a flavor change-of-pace, try Adolph's 15-Minute Meat Marinade.)

The gourmet salad is tossed to perfection with Kellogg's® Croutettes,® crisp oven-toasted croutons spiced with eight baked-in savory seasonings.

Here's mighty good eating for a not-so-mighty price. Try it. See how well economy and elegance can go together.

*Follow package directions. To serve four, use 2 to 2½ lbs. of top or bottom round steak cut 1 to 1¼ in. thick.





PINEAPPLE-BLUEBERRY YOGURT ICICLES

There's lots of real fruit flavor packed into this treat—

1 8-ounce carton (1 cup) blueberry yogurt
1 8¾-ounce can crushed pineapple
1 6-ounce can frozen pineapple juice concentrate, thawed
1 juice can water (¾ cup)
⅓ cup sugar

In mixing bowl, combine blueberry yogurt and *undrained* crushed pineapple. Stir in concentrate, water, and sugar. Pour about ⅓ cup mixture into each of ten 3-ounce waxed-paper drink cups. Place in freezer. When partially frozen, insert wooden sticks into mixture. Freeze firm. To serve, peel off paper wrapping. Makes 10 servings.

Photographs: Dieter



ORANGE EGGNOG-SICLES

Milk and eggs are nutritional staples; serve them as a frosty fruit surprise—

1 pint vanilla ice cream
1 6-ounce can (¾ cup) frozen orange juice concentrate, thawed
1 egg
1½ cups milk

In large mixer bowl, combine ice cream, orange juice concentrate, and egg with electric mixer. Gradually add milk, beating constantly. Pour about ⅓ cup of mixture into each of twelve 3-ounce waxed-paper drink cups. When partially frozen, insert wooden sticks. To serve, peel off paper wrapping. Makes 12 servings.

Wholesome homemade "sicles"

When the temperature climbs, appetites often diminish. That's when it takes ingenuity to get youngsters to eat the things that are good for them. Try serving these lick-a-stick snacks. Their frosty flavors will delight the children, and you can let them feast with a clear conscience. These icy treats are rich in vitamins, minerals, and proteins because they're made with fruit, dairy products, and eggs.



CHOCOLATE ON A STICK

Children love chocolate, so this fortified snack will make a hit—

1 4-ounce package vanilla ice cream mix
1½ cups milk
1¼ cups mashed bananas (2 medium bananas)
½ cup chocolate-flavored instant fortified malted milk mix
2 tablespoons cocoa powder

In medium mixer bowl, combine ice cream mix and milk. Beat with electric mixer till dissolved, about 2 minutes. Pour into 4-cup refrigerator tray; freeze firm. In chilled mixer bowl, combine frozen ice cream, the mashed bananas, malted milk mix, and cocoa. Beat with mixer till smooth. *Do not overbeat.* Pour ⅓ cup ice cream mixture into each of twelve 3-ounce waxed-paper drink cups. Place in freezer. When mixture is partially frozen, insert wooden sticks. Freeze firm. To serve, peel off the wrapping. Makes 12 servings.



For people who can't leave well enough alone, look what you can do with Banquet® Chicken and Dumplings.

Chicken and dumplings. Banquet makes it good and Banquet makes it fast and Banquet gives you plenty; two pounds worth in every package. And if you want to make a fancier meal out of it, Banquet will even help out there with this easy dress-up recipe:

Take one Banquet Chicken and Dumplings Buffet Supper® Main Dish from your freezer. Heat with cover on for 30 minutes, then remove cover. Sprinkle lemon juice and Parmesan cheese on dumplings, then heat additional 30 minutes. Top with cheese and chopped chicory. Serve with ham-wrapped broccoli and fresh strawberries. Banquet. When you start with great food you end with a great meal.



Banquet Foods Corporation, St. Louis, Missouri 63101

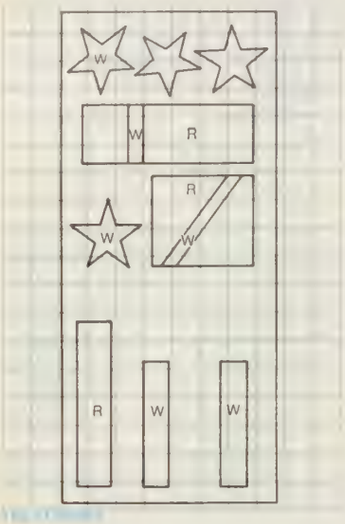
FAMILY FOOD IDEAS

begins on page 70

$100 ideas how-to

All-star organizer page 70

Materials: 2 yards 29-inch royal blue canvas, 1 yard red canvas, 1 yard white canvas, ½-inch grommets, 1x28-inch wood dowel. Finished size: 29x66 inches.



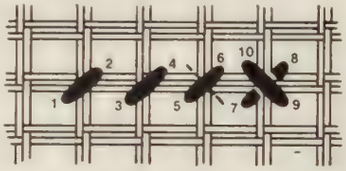
1. Use entire length of blue canvas and encase raw edges with large zigzag stitch (using a heavy-duty needle and thread). Turn under 2½-inch hem at top and 3½ inches at bottom and pin only.
2. From white canvas, cut: four 9-inch stars, two 7x18½-inch pieces, one 2x8½-inch piece, one 2x16½-inch piece. From red, cut: 12x23½-inch piece, 9x29-inch piece, 3x17½-inch piece.
3. Using white thread, appliqué stars to canvas with zigzag stitch. Appliqué small white stripes on red ball and glove pockets. Before folding top edges on any pockets, zigzag raw edges.
4. To make pockets, pin one side in position, right side up, and zigzag stitch, reinforcing corners. Pin down other side so pocket makes a fold in middle and stitch. Make pleat in pocket so bottom is flat and stitch bottom, reinforcing corners. Press folds flat. Finished sizes of pockets: ball holder—8x23, glove holder—12x13½, bat holder—4½x22½, racket holders—3½x17.
5. Attach 5 grommets at top, following directions on package. Slip dowel into placket formed at bottom.

Quick-point game cushion page 74

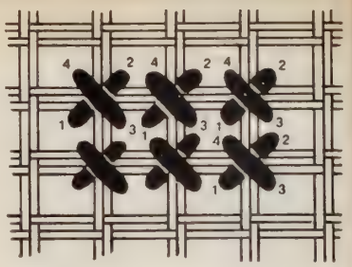
Materials: 24x24-inch quick-point or rug canvas (3½ mesh per inch), 1-inch masking tape, 4 skeins each (2¼ ounces) of red and pink quick-point yarn, 22x22x2-inch piece of foam, 1 yard vinyl or heavy-duty fabric, quick-point or large yarn needle. Finished size: 22x22x2 inches.

1. Cut canvas to size and tape edges (about 2 rows deep). Begin stitching in top left corner and work from left to right. Each square is 10 stitches across and deep. Stitch 64 total squares, 8 across and 8 down, alternating colors. Use either running or individual cross-stitch—both require same amount of yarn.

Running cross-stitch: work all slanting stitches across canvas left to right. Finish stitch by returning on same line, crossing slants.



Individual cross-stitch: work left to right, making each slant stitch individually and crossing it before going to next stitch.



2. Cut 24x24-inch vinyl or other fabric for backing and two 4x49-inch strips for sides. Join both ends of strips in a 1-inch seam. Stitch length: 6 stitches per inch. If using vinyl, pin within seam allowance only.
3. Lay blocked quick point face up on a flat surface and pin side strips to edges of canvas, right sides together. First 2 rows of quick point should be within the 1-inch seam. Stitch, trim corners.
4. Lay backing fabric face down and pin to side strip. Stitch, leaving one side open for turning. Turn right side out, insert foam, and blindstitch opening.

Reversible comforter page 73

Materials: twin size requires 18 red and 18 blue bandannas 22x24 inches apiece (double requires 24 of each), 4 packages 90x108-inch polyester batting, washable knitting worsted. Twin size re-

continued

Help him remember his mother's baked beans and he'll never forget yours.



There are some things a man never forgets. Like the great taste of those baked beans his mother used to make...and all the trouble she went to getting them that way. That thick, rich, dark brown sugar sauce. That chunk of pork. Those hours of baking in the oven. They were really a meal in themselves.

B&M costs a little more because they're made the same way. With thick, rich, dark brown sugar sauce that's been really baked into every bean for hours and hours in real brick ovens. Heat up a can of B&M baked beans. They won't bring back the good old days. But they will give him a little taste of them.

B&M. The taste you never forget.



FAMILY FOOD IDEAS

3 luscious salad suppers
at start with Real Mayonnaise.

And that's the other name for Best Foods®.

Delicate Real Mayonnaise makes main dish salads deliciously
ing. Mix it or mold it. Creamy-smooth Real Mayonnaise
perfectly in recipes like these. And Real Mayonnaise
whole-egg Best Foods.



CORNED BEEF 'N CABBAGE MOUSSE

Creamy Best Foods makes this man-pleaser velvety smooth

- 1 envelope unflavored gelatin
- 1/2 cup cold water
- 1/4 cup finely chopped onion
- 3 tablespoons lemon juice
- 1 teaspoon salt
- 1 cup BEST FOODS Real Mayonnaise
- 1 1/2 cups finely shredded cabbage
- 1 (12-ounce) can corned beef, separated into chunks
- 1 cup chopped celery
- 1/2 cup pickle relish

Soften gelatin in water in small saucepan. Dissolve over low heat, stirring constantly. Remove from heat and stir in onion, lemon juice and salt; gradually stir into Real Mayonnaise. Blend in remaining ingredients. Turn into 1-quart mold and chill 2 hours or until firm. Unmold and serve. Serves 8.



CHICKEN CHUTNEY SALAD

Delicate Best Foods won't overpower even the subtlest flavors.

- 2 cups diced cooked chicken
- 1 (13 1/4-ounce) can pineapple tidbits, drained (1 cup)
- 1 cup diagonally sliced celery
- 1/2 cup sliced green onion
- 1/4 cup salted peanuts
- 2/3 cup BEST FOODS Real Mayonnaise
- 2 tablespoons chopped chutney
- 1/2 teaspoon grated lime rind
- 2 tablespoons lime juice
- 1/2 teaspoon curry powder
- 1/4 teaspoon salt

Toss together first 5 ingredients. Combine remaining ingredients; stir into chicken mixture. Chill. Serve on greens. Serves 4.



HOT DOG POTATO SALAD

Whole-egg Best Foods makes potato salad extra moist and creamy.

- 2 quarts (about 4 pounds) diced cooked potatoes
- 1 pound cooked frankfurters, sliced
- 1/2 cup chopped celery
- 1/2 cup coarsely shredded carrot
- 1/2 cup finely chopped green pepper
- 1/4 cup finely chopped onion
- 2 tablespoons chopped pimiento
- 1 cup BEST FOODS Real Mayonnaise
- 1/4 cup vinegar
- 2 tablespoons prepared mustard
- 1 tablespoon salt
- 1/2 teaspoon paprika

Mix all ingredients. Chill. Serves 8.

FAMILY FOOD IDEAS

BRING OUT THE BEST FOODS AND BRING OUT THE BEST

Best Foods a Division of CPC International Inc. cpc



Scandinavian Pizza



No one has to tell you how great pizza tastes. Especially when you make it with Chef Boy-ar-dee,® the world's most popular pizza mix.

Just thinking about the freshly baked dough, the rich pizza sauce and tangy cheese is enough to make anyone hungry. And you can vary Chef Boy-ar-dee Cheese Pizza Mix in so many ways. Just make it according to directions and in the last five minutes of baking vary the toppings.

You can make Scandinavian Pizza with sardines, slices of raw onion and chopped hard boiled egg (caviar is optional).

Jamaican Pizza: Top it with slices of crisp bacon, green pepper and onion rings (sauteed in bacon fat), canned kidney beans and some cooked sliced okra.



Polish Pizza: Add 1 to 1½ tablespoons sour cream and ½ teaspoon horseradish to the pizza sauce and top in the last five minutes of baking with sliced cooked kilbassi sausage, sliced canned mushrooms and shredded cabbage (sauteed lightly in butter).

all seasons woman

Chef Boy-ar-dee. The world's most popular pizza mix.

FAMILY FOOD IDEAS

continued

$100 how-to

quires 3 bandannas across and 6 down; double requires 4 and 6.

1. Preshrink and press bandannas. Bandannas vary in size, so arrange similar sizes and dye lots before stitching. Stitch blue bandannas in rows of 3, using a ¼-inch seam. Stitch 6 rows together and press. Do same with red.

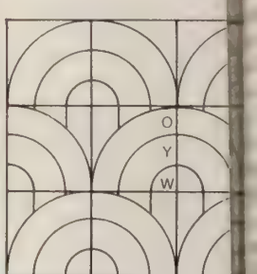
2. Cut 4 layers of batting same size as seamed bandannas. Lay red bandanna side face down on floor, place batting on it, and cover with blue bandanna side (right side up). Pin or baste

batting to bandannas
shifting.

3. Fold under outer
edges of comforter
pin all around. Using
and two colors of th
close to edge. Tie
intervals with yarn
small, bright buttons.

Appliquéd rug page

Materials: 72-inch
yards royal blue, 1
1⅛ yards red oran
yellow gold; 2⅛ y
royal blue yarn frin
size (without fring
inches.



1 SQ = 2½ INCHES

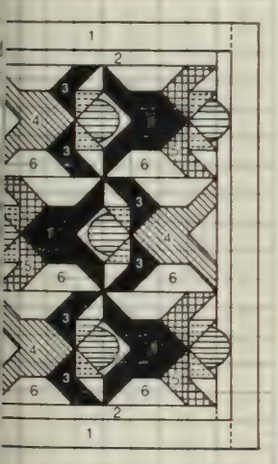


1. Enlarge part of circu
on 8½x11-inch pape
paper into 2½-inch sq
pencil. Using compass
inch-diameter half circ
tersecting lines. Alterna
on rows as shown in sk
2. Within each half ci
another one, 3¼ inches
eter. These two circ
make the basic outline
orange section. Within
inch section, draw anc
circle 1½ inches in
The yellow section is
edge of this inner circ
outer edge of the oran
ruler, draw straight ver
to connect half circles.
3. Transfer design to
and cut out centers and
Use this as a pattern,
sketch. Cut yellow fel
42½ inches and divide
2½-inch squares with
Place pattern on and d
line, following sketch
sharp scissors, cut out th
only.
4. Cut orange felt to

nd divide back into 2½-
ares. On cardboard pat-
ove smallest yellow cir-
enters, leaving orange
Draw pattern on felt and
centers. Cut blue felt to
ches.
hite felt to 37x53 inches
ter yellow, then orange
ections over it. Baste to-
nd sew both to white
zag stitch on all edges.
-inch off bottom cutout
ore stitching to white.
border, cut two 1-inch
blue 27, 37, 44, and 54
ong. Cut two ½-inch
orange 28, 35, 45, and
es long. Cut 237 1-inch
uares. Pin 27x44-inch
ps to edge of center cir-
ction, mitering corners
zag stitching edges. Pin
ch mitered orange strips
blue and zigzag in place.
ge blue squares as shown
h and zigzag to white.
remaining orange strips
e. Pin entire center and
section to 37x54-inch
gzag remaining blue strips
s. Trim outer edges if
y. Sew fringe to ends with
machine stitch.

e mat page 78

ds: 4 yards washable red
abric (#1), 1½ yards
avy fabric (#2), 1 yard
d red print (#4), 1 yard
d white check (#6), ½
vy and white print (#5),
l orange print (#3), ¼
range gingham (head),
of red and black polka
ric, 2 packages crib-size
r batting, four 1½-inch
rings. Finished size: 44x
es. *Seams:* ¼-inch.



t #1 backing fabric to
60½ inches. Cut two 4½ x
nch and two 4½x60½-
order pieces. From scraps,
ree 4½x8½-inch pieces
3 triangles (cut from 4½-
quares) for acrobats.
obat blocks are 16 inches
when seamed. Check
for fabric placement and

ued

Ore-Ida Tater Tots® are so special you can plan a meal around them.





"What'll we have with the main course?" That's the way some people work out a menu.

But not after you've sampled Ore-Ida Tater Tots® brand potatoes. They're as exciting as anything on your plate.

Look at their shape. Inviting. Bite-size.

And how about their color? Mouth-watering. Tater Tots are deep fried, just a touch, to a nice rich gold.

And their taste! Pop Tater Tots in your oven. They come out, seasoned just so, with a flavor all their own. And when you take a bite, they're crunchy.

That's what makes Tater Tots such a tasty counterpart to fish and fowl. A perfect partner to charcoal steaks and chops. And even a quick-to-fix hot snack with dips.

Ore-Ida Tater Tots come in three flavors. Regular. With onion. With bacon flavoring.*

Serve them tonight. And make the meal something special.

For more good eatin' from Boise, try other products from Ore-Ida's complete line like Southern Style Hash Browns, Shredded Hash Browns and Potatoes O'Brien.

*Bacon flavored vegetable protein
Tater Tots® is a registered trademark of Ore-Ida Foods Inc

FAMILY FOOD IDEAS
Ore-Ida
Good eatin' from Boise.

ORE-IDA'S TATER TOPPED CASSEROLE

1½ pounds ground chuck
½ cup Ore-Ida fresh frozen Chopped Onions
Salt and pepper
1 can (10½ ounces) Heinz condensed Cream of Celery Soup
1 package (16 ounces) frozen Ore-Ida TATER TOTS®

1. Preheat oven to 400° F. Grease a shallow 2-quart baking dish.
2. In 10-inch skillet over medium-high heat, cook onions and ground chuck until meat loses its red color. Spoon off any excess fat. Season with salt and pepper.
3. Spread meat mixture in baking dish; stir in undiluted soup and top with single layer of frozen TATER TOTS.
4. Bake for 45 minutes or until hot and bubbly.

YIELD: 5 servings.

May also be prepared with Ore-Ida TATER TOTS® With Onions.

AVOCADO AND RICE-A-RONI MAKE THE HOT SUPPER A COOL SNAP.



Turn up the flamenco music, turn off the oven, and coolly wait for the bravos. They're yours for Spanish Rice-A-Roni and beef heaped on a smooth green bed of California avocado. Spanish Rice-A-Roni is a bright tomato-y blend of rice, vermicelli, and subtle herbs; California avocado freshens your weary summer tastebuds. Elegant, easy and top-of-stove quick. For a hot spell, a cool snap. Listen, you can almost hear the castanets.

SPANISH RICE-A-RONI ON THE HALF SHELL

- 1 pkg. Spanish Rice-A-Roni
- 1 1-lb. can stewed tomatoes
- 1 lb. lean ground beef
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 ripe California avocado, peeled and chopped
- 5-6 California avocado halves
- Small tub sour cream

Prepare Spanish Rice-A-Roni as directed on package, using stewed tomatoes. Add salt and pepper to ground beef, brown beef in frying pan; drain off excess fat. Add browned beef and the chopped avocado to pan of Rice-A-Roni; blend well. Cook 5 minutes longer or until heated. Spoon mixture over avocado halves; top with sour cream. Serves 5 to 6.



Love Food from California

RICE-A-RONI-"The San Francisco Treat"

continued

$100 how-to

cut accordingly. Each figure has a 6-inch head (allow for seams), 6 triangles (cut from 4½-inch squares) for arms, 2 triangles for polka dot bow tie, 6 triangles and one 4½x8½-inch piece for body and legs, 10 triangles and 2 squares of blue and white check for background.

3. In blocks, stitch appropriate triangles to make squares, then stitch squares together to make strips. Stitch strips to make blocks. Body rectangle in center spans two strips. Head is appliquéd later (2 back
angles are under
blocks together as
Press.
4. Cut two 2½x32½
two 2½x52½-inch p
solid navy and seam
section. Seam red p
pieces to navy. App
by turning under ¼
stitching edges.
5. Cut batting to
inches. Lay patchwo
right side up. Lay
patchwork, right side
Baste through all la
edges. Stitch edges, le
16 inches free to turn
slipstitch shut.
6. Using 6-8 stitches
quilt around outline
and red border. If
mat with thread or ya

continued from page 7

Shopping f a mortgage

Your payments over
will total about $4,20
they would on the old
but your principal red
be only $4,205. Tha
benefit of $8,405, ($
$4,205), as compa
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gage. The old mortga
ted you $2,345. Per
could have earned so
on the $4,200 you didn
house payments, but
not nearly the $2,345
with the old mortgage.

What about prepayme penalties?

Here's something yo
watch closely. Some
may charge you extra
off any or all of the lo
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charge penalties.) C
clause might state that i
off the full balance w
years of the date of th
loan, you'd have to pay
cent penalty on the bal
off. If you're paying off
balance within five yea
ing that loan, you'd ha
an additional penalty

Do you want an escro account?

With an escrow acco
monthly payment is inc
an amount which, in t
of a year, provides a fu
which your property
property insurance will
This may be required
tary. Generally, the len
pay you interest for the
holding on your behal
won't charge you for t
of processing the pay
those bills as they come

*(Written for the mag
Robert S. Rosefsky, no
cial authority and s
newspaper columnist.)*

Win money for your recipes



Main Dish Pizzas—Cherry Desserts

ave you discovered a way to make the traditional pizza extraor-nary? Or perhaps you have a favorite cherry dessert recipe that ins applause every time. Send your recipe today for either or oth categories and you could be a prizewinner next February. wo Cooks-of-the-Month receive $50 each. Four Runners-up ceive $25 each and 12 Honor Roll winners get $10 each. The lected winning recipes will be pictured on the Prize Tested ecipes pages next February. All 18 winners receive a framed etter Homes and Gardens Certificate of Endorsement and six pies of the endorsed recipe.

Hints To Help You

zzas become sensational when ey start with a corn-bread crust end with a mushroom sauce. dd favorites like olives and een peppers or more sophisti-ted artichoke hearts, Brussels routs, or pea pods. Mix sausage ith ham or bacon for a new mbination. Suggestions:

anberry turkey pizza
urdough pizza
ree cheese pizza
rk and bean pizza
viled shrimp pizza

Cherry desserts can begin with any kind of cherries: frozen, canned, maraschino, or candied. Maybe your specialty is a cake, soufflé, or ice cream. Do you combine cherries with custard, cream cheese, sour cream, or pudding? Or maybe you ignite a cherry dessert for drama. Hints:

chip and cherry cake
cherry creme jelly roll
cherry coconut parfaits
cherry rhubarb shortcake
frozen cherry ice

THIS MONTH'S WINNERS

(See recipes on pages 91 and 92.)

Cooks-of-the-Month

Mrs. Donald Lavers, Castle Rock, Colo.
Ms. Laurie Malcom, Quincy, Mass.

Runners-up

Susan G. Fine, Santa Monica, Calif.
Mrs. A. T. Knight, Sulphur Springs, Tex.
Miss Carley Lindsay, Bonaparte, Iowa
Mrs. Glen Malenke, Austin, Minn.

Honor Roll

Ronald Baskerville, Eden, N.Y.
Mrs. Pamela Burns, Albany, N.Y.
Barbara Crawford, Oakwood, Ill.
Mrs. Sally J. Dzikiewicz, Marblehead, Mass.
Mrs. Burt C. Frank, Ravenna, Ohio
Mrs. S. G. Lindsay, Bonaparte, Iowa
Mrs. H. G. Mesloh, Imperial, Mo.
Cheryl Muhlheim, Eugene, Ore.
Colleen Simon, Glenview, Ill.
Vicki Warthen, Addison, Ill.
Diane E. Weinke, St. Paul, Minn.
Charlene Wood, Tumwater, Wash.

Contest Rules

Write or type your recipe clearly on one side of the paper and mark it "February Pizzas" or "February Cherry Desserts." If you wish, send a recipe for each of the two categories.
Print your full name and address in upper right corner of paper.
Give measurements in *level* cups, tablespoons, teaspoons.
Specify brand names of the *nationally* known food products you use as ingredients so we can test your recipe with the same brands.
Include 50 to 100 words about the origin of the recipe you submit.
Recipes submitted become property of Meredith Corporation.
Entries must be postmarked by midnight, July 31. In cases where duplicate recipes are submitted, the one with the earliest postmark will be judged. All judges' decisions will be final.
We reserve the right to adjust and edit winning recipes.
Address the recipes you enter to 7307 Test Kitchen, Better Homes and Gardens, Des Moines, Iowa 50336.

FROZEN PASSION



World's Simplest Recipe and Proctor-Silex turn your favorite soda pop into a creamy ice dessert

Pour 2 cans of Eagle Brand® Sweetened Condensed Milk* and two 28 oz. bottles (or four 12 oz. cans) of any flavor of soda pop into freezer drum and let the Proctor-Silex® Ice Cream Maker do the rest, according to the freezer operating instructions. Makes 2 quarts.
To make Frozen Passion in your refrigerator, pick up recipe in your supermarket.
*Magnolia® or Dime® Brands may be used.

PROCTOR-SILEX 6-QT. ELECTRIC ICE CREAM MAKER
SAVE $10



$13.95 plus 2 Borden Condensed Milk labels
$23.95 Comparable Value

1973 Model with "See-Thru" and "Lock-Tight" Lid. Lets you watch freezing and protects ingredients. Rugged polypropylene. UL listed. Mail order with check or money order, payable to:

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Enclosed are 2 Borden Eagle (or Magnolia or Dime) Brand Sweetened Condensed Milk labels with check or money order for $13.95, plus applicable sales taxes in Calif., Ill., Mass., Md., N.Y., N.C. or Pa. $_____, making a total of $_____. (No cash, please.)
Send Ice Cream Maker to:

NAME (PLEASE PRINT)

ADDRESS

CITY STATE ZIP CODE

FAMILY FOOD IDEAS

Please allow 4 weeks for delivery. Offer valid only with Borden Sweetened Condensed Milk labels. Continental U.S. only. Void where prohibited or otherwise restricted by law. Offer expires December 31, 1973. BHG-7



KITCHEN BOUQU
MAKES MEAT
CRISPER OUTSID
JUICIER INSIDE.

Brush Kitchen Bouquet o your meats before grilling. will make whatever you gr crisper on the outside whil it helps seal in natural juic and flavor.

Be adventurous this Natio Barbecue Month! Try Bee Champignons! It's easy, just take uncooked hamb mold it into cup-like shape and fill with mushrooms. T with more beef and pinch edges to seal tightly. Brush with Kitchen Bouquet. The grill for a delicious treat.

Kitchen Bouquet make the whole summer National Barbecue Mo

FAMILY FOOD IDEAS

Buying guide

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

DRESSED-UP STRAWBERRIES AND DEMITASSE

Page 29 (top): Cup & saucer—Independence Ironstone & Glass, INTERPACE Corp., 2901 Los Feliz Blvd., Los Angeles, Calif. 90039. Spoon—"New Charm" by Lyon, International Silver Co., 500 S. Broad St., Meriden, Conn. 06450. (Bottom): Saucepan—The West Bend Co., 400 Washington St., West Bend, Wis. 53095.

100 IDEAS UNDER $100

Page 40 (2): Carpet—Armstrong Cork Co., Lancaster, Pa. 17604. (3): Stereo receiver—Kenwood Co., 15777 S. Broadway St., Gardena, Calif. 90248. (4): Sheets—Dan River Mills, Inc., 2291 Memorial Dr., Danville, Va. 24541.

Page 42 (7): Paint- PPG Industries, 10-North, One Gateway Center, Pittsburgh, Pa. 15222. (8): Bedspread fabric—Quaintance Fabric, 125 Newton Rd., Plainview, N.Y., 11803. Curtain rod—Kirsch Co., 309 N. Prospect St., Sturgis, Mich. 49091. (9): Coffeepot—West Bend Mfg. Co., West Bend, Wis. 53095. Range hood—Marco Electric Mfg. Co., 6100 Wilmington Ave., Los Angeles, Calif. 90001. Wallpaper—Bob Mitchell Designs, 8535 Warner Dr., Culver City, Calif. 90230.

Page 44 (15): Lamp—Phil-Mar, 1100 E. 22nd St., Cleveland, Ohio 44117. White campaign chest—Kemp Furniture Industries, Inc., 108 W. Fara, Goldsboro, N.C. 27530.

Page 45 (16): Fabric—Design Research, 57 Brattle St., Cambridge, Mass. 02138. Carpet—Armstrong Cork Co., Lancaster, Pa. 17604. Planter—L. Paul Brayton Ltd., Box 5607, High Point, N.C. 27262.

Page 47 (22): Flooring—American Biltrite Rubber Co., Inc., Amtico Flooring Div., 115 Assunpink St., Trenton, N.J. 08607. (23): Sofa—Craft Associates Inc., 1212 Scott St., Wilkes-Barre, Pa. 18705.

Page 48 (27): Picture—Catalda Fine Arts, Inc., 15 W. 27th St., N.Y., N.Y. 10001. Flooring—Armstrong Cork Co., Lancaster, Pa. 17604. (29): Fabric—John Wolf Textiles, 261 Fifth Ave., N.Y., N.Y. 10016. Flooring—Armstrong Cork Co., Lancaster, Pa. 17604.

Page 50 (31): Carpet—Firth Carpet Co. Div. of Mahasco Industries, 57 Lyon, Amsterdam, N.Y. 12010. Bedspread fabric by Marimekko—Design Research, 57 Brattle St., Cambridge, Mass. 02138.

Page 54 (37): Fabric on bed—Jack Lenor Larsen, Inc., 232 E. 59th St., N.Y., N.Y. 10022.

Page 56 (40): Turntable—"Garrard" by British Industries Co., S. Service Rd., Westbury, L.I., N.Y. 11590.

Page 62 (48): Carpet—E. T. Barwick Mills, Inc., 5025 New Peachtree Rd., Chamblee, Ga. 30341. Wallpaper—Fine Art Industries, Inc., 224 Buffalo Ave. Extension, Freeport, L.I. N.Y. 11520.

Page 64 (51): Wall covering—Columbus Coated Fabrics, Warden Inc. Chemical Div., E. 7th Ave. & N. Grant, Columbus, Ohio 43216. Vinyl floor tile—Robbins Products Inc., Tuscumbis, Ala. 35674. Suspended acoustical ceiling—Armstrong Cork Co., Lancaster, Pa. 17604.

Page 64 (49): Carpet—Lees Carpets, Div. of Burlington Industries, Inc., Valley Forge Industrial Park, Norristown, Pa. 19401.

Page 67 (57): Dining table and chairs—Pacific Furniture Mfg. Co., 13621 S. Main, Los Angeles, Calif. 90061.

Page 68 (58): Lamp—Raymor Richards, Morgenthau, Inc., 225 Fifth Ave., N.Y., N.Y. 10010.

Page 70 (63): Picture—Catalda Fine Arts, 15 W. 27th St., N.Y., N.Y. 10001.

Page 72 (70): Chair—Brown Jordan, 9860 Gidley, El Monte, Calif. 91734.

Page 73 (72): Desk chair—Thonet Industries, Inc., One Park Ave., N.Y., N.Y. 10016. Vinyl floor—Eden Mfg. Corp., 979 Third Ave., N.Y., N.Y. 10022. (74): Bandannas—S. S. Kresge, 2727 Second Ave., Detroit, Mich. 48232. Table—The Lane Co., Inc., Altavista, Va. 24517. Carpet—Armstrong Cork Co., Lancaster, Pa. 17604.

Page 75 (78): Yarn—"Quickspun" by Emile Bernat & Sons, Oxbridge, Mass. 01569. (80): Carpet tiles—Ozite, 1755 Butterfield Rd., Libertyville, Ill. 60048.

Page 76 (83): Carpet squares—Sears Roebuck & Co., 925 S. Homan Ave., Chicago, Ill. 60607.

Page 79 (93): Fabric on pillows by Marimekko—Design Research, 57 Brattle St., Cambridge, Mass. 02138.

Page 80 (95): Dish towels—Sayco Hand Prints, 2935 E. 12th, Los Angeles, Calif. 90023.

Page 81 (98): Sofa and chair—Crossroads Mfg., 17710 S. Studebaker Rd., Cerritos, Calif. 90701. Lamp—Raymond Decorative Lite Co., 2725 S. Hill, Los Angeles, Calif. 90007. Carpet—Trend Mills Inc., 7030 E. Slauson, Los Angeles, Calif. 90040.

FABULOUS FRESH FRUITS—

Page 82 (left): Soufflé dish—Fitz and Floyd, 2040 Dallas Trade Mart, Dallas, Texas 75207.

Page 84 (bottom): Pie plate—Pyrex by Corning Glass Works, Corning, N.Y. 14830. Plate—"Kimberly" by Denby, Ltd., 4688 Paddock Rd., Cincinnati, Ohio 45229.

Page 87 (top): Dessert dishes—Riekes-Crisa Corp., 2916 Cumming, Omaha, Nebr., 68131. (Bottom): Casserole—Heath Stoneware, N. S. Gustin Co., 712 S. Olive St., Los Angeles, Calif. 90014.

PRIZE TESTED RECIPES

Page 91 (left): Plates, cups and saucers—"Rondela Y" by Doulton & Co., Inc., 400 Paterson Plank Rd., Carlstadt, N.J. 07072. Cake plate—Frederik Lunning, 225 5th Ave., N.Y., N.Y. 10010.

Page 92 (bottom left): Bowl—Heath Stoneware, N. S. Gustin Co., 712 S. Olive St., Los Angeles, Calif. 90014. Salad plate—"Circles" by Franciscan, INTERPACE Corp., 2901 Los Feliz Blvd., Los Angeles, Calif. 90039.

SENSATIONAL SUNDAES

Pages 111 (top): Plates—Bennington Pottery, 324 County St., Bennington, Vt. 05201. (Bottom left): Dessert plate, cup & Saucer—Franciscan, INTERPACE Corp., 2901 Los Feliz Blvd., Los Angeles, Calif. 90039. Pie plate—Pyrex, Corning Glass Works, Corning, N.Y. 14830. (bottom right): Plate—Imperial Glass Corp., Bellaire, Ohio 43906. Sherbets—Fostoria Glass Co., Moundsville, W. Va. 26041. Spoon—Lunt Silversmiths, Greenfield, Mass. 01301.

Credits for 100 ideas under $100

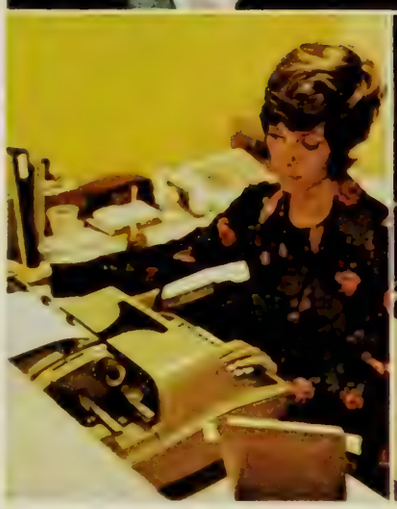
1. Photograph: Dieter. Designer: David Ashe. **2.** Photograph: Dieter. Designer: The Design Post. Source: Lois Rea. **3.** Photograph: Dieter. **4.** Photograph: Dieter. Designer: David Ashe. **5.** Photograph: Jensen. Designer: Ronald Molen, A.I.A. Source: Jinny Lee Snow. **6.** Photograph: Dieter. Designers: Gingold and Pink. Source: Barbara Gorder. **7.** Photograph: Hopkins. Designer: Robert Klingel. **8.** Photograph: Maris. Source: Gaby Leubecker. **9.** Photograph: de Gennaro. **10.** Photograph: Dieter. Designer: Stephen Mead. **11.** Photograph: Lyon. Designer: Peter Sabin. Source: Barbara East Cathcart. **12.** Photograph: Hopkins. Designer: B. J. Casselman. **13.** Photograph: Hopkins. **14.** Photograph: Hopkins. Designer: Jane Cornell. **15.** Photograph: Maris. De-

The Design Store. Source: Eileen
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Designer: Charles Gans. 23.
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Mike Dieter. 25. Photograph: de
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26. Photograph: de Gennaro.
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31. Photograph: Hedrich-Blessing.
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32. Photograph: Jordan. Design-
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Humphrey and Hardenberg.
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39. Photograph: de Gennaro.
Dorothy Campbell. 40. Photo-
Hupy. 41. Photograph: Jordan.
r: Donald Porter Wilson, A.I.A.
Lois Rea. 42. Photograph: Helms.
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. Designer: William H. Taylor,
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tograph: Maris. Designer: Nikki
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aph: Dieter. Source: Barbara
50. Photograph: Helms. 51.
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r: Frederick M. Kirkby. Source:
Campbell. 53. Photograph: Hop-
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63. Photograph: Dieter. Designer:
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Designer: David Ashe. 72. Photo-
Taggart. Designer: Suzanne Faulk-
I.D. Source: Pauline Graves. 73.
aph: Dieter. Designer: David
4. Photograph: Hopkins. Design-
n Stith. 75. Photograph: Dieter.
r: David Ashe. 76. Photograph:
Designer: George D. Hopkins, Jr.
Bonnie Crone. 77. Photograph:
78. Photograph: Hopkins. De-
Eadie Rubin. 79. Photograph:
Designer: Mrs. Roy Barnes.
Bonnie Crone. 80. Photograph:
emel. Designers: Paul and Nan
Source: Eileen Leubecker. 81.
aph: Dieter. Designer: David
2. Photograph: Miller. Designer:
Carr. Source: Bonnie Crone. 83.
aph: Helms. Designer: Patricia
Source: Estelle Bond Guralnick.
tograph: Dieter. Designer: David
5. Photograph: Jordan. Designer:
Jordan. 86. Photograph: Hopkins.
r: Mimi Shimmin. 87. Photo-
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tograph: Helms. Designer: John
. Photograph: Hopkins. Designer:
nk. 90. Photograph: de Gennaro.
r: The Timbers at Scripps Ranch.
Mable Hoffman. 91. Photograph:
Designer: David Jordan. 92. Pho-
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tograph: Lyon. Designer: James
loe. 94. Photograph: Jordan. De-
David Jordan. 95. Photograph:
Designers: Alice Will and Thomas
master, Jr. Source: Kit Tyson. 96.
aph: Jordan. Designer: David
97. Photograph: Dieter. Archi-
ingold and Pink. 98. Photograph:
Interior designer: Barbara Elliott.
Helen Heitkamp. 99. Photograph:
Designer: David Jordan. 100.
aph: Hopkins. Designer: Koko
ichi.





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FAMILY FOOD IDEAS

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Mrs. Paul's Buttered Fish Fillets.

7¢ STORE COUPON



7 Sauces for 7 Pastas

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FAMILY FOOD IDEAS

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Fresh pineapple desserts

When shopping for pineapples that are ready for eating, look for ones that are plump and turning yellow or reddish brown. If the fruit yields slightly to the touch and has a fruity aroma, you can bet it's at the perfect stage for these two spectacular desserts. The first one is a fresh pineapple pie that is topped with spicy ice cream; the other is a tropical-looking meringue dessert that you make with the entire pineapple—leaves and all.



PINEAPPLE PIE A LA MODE

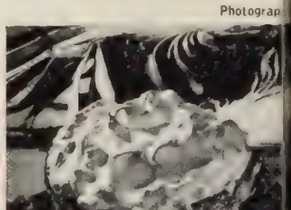
Pastry for 2-crust 9-inch pie
¾ cup sugar
3 tablespoons quick-cookin tapioca
Dash salt

• • •

4 cups fresh pineapple chun
½ teaspoon grated lemon p
1 tablespoon lemon juice
1 tablespoon butter or marg
1 recipe Cinnamon Ice Crea

Line 9-inch pie plate with h the pastry. Mix together tapioca, and salt. Add pine lemon peel and juice. Let 15 minutes. Turn into p lined plate. Dot with but margarine. Adjust top crus and flute edges; cut slits f cape of steam. Bake pie 400° oven for 40 to 45 mi Serve wedges topped with s fuls of *Cinnamon Ice C* Slightly soften 1 pint vani cream; stir in ⅛ teaspoon g cinnamon.

Photograp



PINEAPPLE MERINGUE BO

1 small pineapple
¼ cup orange marmalade
2 tablespoons fruit-flavored brandy
Dash ground ginger
1 nectarine, pitted and diced

• • •

2 egg whites
¼ teaspoon cream of tartar
¼ teaspoon vanilla
¼ cup packed brown sugar

Halve the pineapple lengt Scoop out interior, leaving inch shell. Reserve shells. pineapple meat into sauc Combine marmalade, br and ginger. Stir into pine along with nectarine. Heat j hot. Spoon into pineapple

Beat egg whites with cre tartar and vanilla till soft form. Gradually add brow ar, beating to stiff peaks. S meringue over entire surfa pineapple halves, sealing to Place in a shallow baking Bake in 350° oven for 12 m or till meringue is golden. warm. Makes 4 servings.

TRAVEL WEST

Tony Swan, *Western Travel Editor*

An insider's guide to family vacation adventures for readers who live in the Rocky Mountain territory or Far West



Photograph: Gerald Knox

Cheyenne Frontier Days

Once a year every year, Cheyenne, Wyoming, does its thing just as it has for the past 76 years. For nine solid days (always the final full week in July, plus an extra weekend) this appealing capital city of Wyoming allows itself the luxury of doing what comes naturally, with an enthusiasm and élan that mark it as one of the most genuine of American celebrations.

They call it Cheyenne Frontier Days, and it is indeed a local holiday of the first order. Everyone (it can be reliably estimated) in this clearly cowboy city—in this markedly cowboy state—gets involved in the festivities, from prominent citizens to ordinary folk. You'll find rodeos happening at a clip hard to imagine (nine in nine days), as many full-scale parades (four) as you're ever apt to see in one big week, lots of big-name show-biz-type entertainment (eight grandstand shows), old-time melodrama performances staged under pitched tents, and gigantic, gratuitous, chuck-wagon breakfasts served in the city streets. But, probably most important of all, you'll encounter plenty of warm, wide-open western hospitality.

And all of this adds up to much more than the sum of its parts. It's really nothing less than a tribute to the life and times of our rugged western frontier—one of the most enduring of all American experiences. You and your family can share in this free-wheeling, activity-packed western jamboree every or any day of Frontier Week, this year, July 21 through July 29.

The rodeo traditionally is *the* big draw of the Frontier Days. Exactly where—and when—the modern western rodeo got its start no one knows for sure. It

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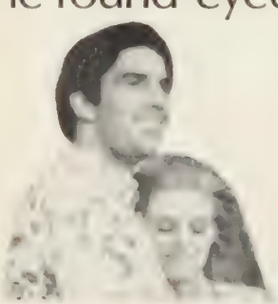
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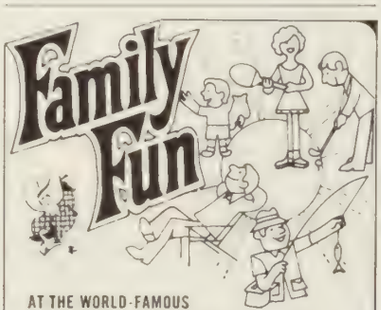
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DISCOVER AMERICA

TRAVEL WEST

probably began a century or so ago with some cowboy throwing down a challenge to the next guy to beat him at what he thought he did best of all—wild horse riding, steer roping, saddle bronc riding, or calf roping. With few exceptions, the events in rodeos today are direct outgrowths of the everyday tasks of the working cowboy, both past and present. (Steer wrestling and bareback bronc riding are two specific rodeo events, however, that are *not* done out at the ranch.)

Rodeos today are a big-time sport, of course, with professional cowboys making up the better part of the 500 or so riders performing here at Cheyenne, and at other cities along the well-established rodeo circuit around the country. The Frontier Days rodeo draws the top riders, for a purse of prize winnings totaling nearly $150,000. A good rider can come to Cheyenne and pocket as much as $10,000—if he does very well in his events during the week-long competition. Yet the reality is that most riders leave with little more than bruises —or even broken bones—as reward for their efforts.

The rodeo, as practiced in the West today, is probably the most rugged of all American sports, pitting man against animal in a contest that the animal almost always wins. The rodeo cowboy "rides for the clock," trying to beat the time of other riders in a given event before he typically "bites the dust," often with bone-crushing impact.

It's at such times that comic relief is needed—and provided by the rodeo clowns as they expertly perform a crucial rodeo task in slapstick style. Their purpose is to distract the attention of an angry bull or horse after it throws its rider—to keep the animal from butting, hooking, or stomping on the escaping rider. Dressed in all manner of garb—with buffoonish bright red noses —the clowns courageously belie their jesting diversions.

The rodeo is a daily occurrence at Cheyenne Frontier Days, starting at 1:30 in the huge and attractive arena at Frontier Park, on the near north side of town. As many as 30 events are scheduled each day, including thoroughbred and quarter horse racing (pari-mutuel wagering allowed), Brahman bull riding, steer roping, bareback bronc riding, calf roping, and barrel racing.

The rodeo show usually is capped with a wild horse race wherein a dozen or so riders in three-man teams simultaneously attempt to saddle wild horses, mount them as quickly as possible, and ride once around the track. It's an entertaining free-for-all, with horses and riders tumbling and tangling together in a madcap scramble to win what appears to be an impossible race. Somehow, at least one rider usually does make it across the finish line.

Tickets for the daily rodeo show are from $3.50 to $5.50.

Grandstand shows take the spotlight in the evenings. Under the clear Wyoming sky, the rodeo arena becomes the stage for song and dance. Dressed in magnificent, handmade, native costume, a whole tribe of Oglala Sioux Indians dance the ancient ceremonial routines that have been meaning in motion to them for centuries.

Stage shows feature name entertainment like that you find at any good state fair. Country-western stars Lynn Anderson, Tammy Wynette, and Roy Clark are some of the pros who'll grace the stage this year.

One contest, called the chuck-wagon race, provides some very exciting moments for grandstand viewers. Four wagons drawn by four-horse teams line up on the track to wait for the starting signal. At the sound of a shot, outriders holding their horses lope boxes symbolic of stoves into the back of their partners' wagons and then leap onto their horses. The wagons race off in a figure-eight formation around barrels in the center of the arena with the outriders in hot pursuit. Then the horses, wagons, drivers, and trailing outriders burst back onto the track in a frantic quarter-mile race to the sounds of slapping harnesses, cracking wooden wagons, and pounding hooves.

Seats for the grandstand shows are from $3.50 to $5.50. And it's best to dress warm or bring a blanket for these 7:30 p.m. shows. Wyoming nights can be cool.

Downtown Cheyenne is a wasteland during Frontier Days. Although the rodeo and the grandstand shows at Frontier Park may be the most exciting features to many people, probably as many enjoy the activities in the heart of Cheyenne during this unique week.



On the first Saturday of Frontier Days there's a full-scale parade, featuring bands from throughout the Rocky Mountain region, horse and rider drill teams, mounted riders in authentic western dress, floats depicting scenes from our western heritage, and more horse-drawn carriages (60) than you'll find assembled anywhere else in the world.

You'll see family coaches, covered wagons, stagecoaches, surreys, tandems, a hearse, firewagons, sleighs, and even a meat wagon (it once belonged to the Breshnahen Grocery and Meat Market). You won't find it hard to agree that there were as many carriage models as there now are automobile models.

Tuesday, Thursday, and the final Saturday also are parade days, with each parade starting at 10 a.m. from the Capitol. Each lasts about an hour, and there's always a good seat available somewhere along the 2½-mile parade route through the center of Cheyenne.

It's in downtown Cheyenne, too, that you'll find the big, free chuck-wagon breakfasts served on Monday, Wednesday, and Friday mornings of Frontier Week. Flapjacks, ham, milk, and coffee are generously dished up for everyone who cares to partake in this range-style breakfast with a roped-off city street serving as the chow-ground. Your seat is a bale of hay and your lap is your table. A hayrack serves as the stage for musicians, with many breakfasters singing along to their favorite western tunes. As many as 5,000 persons find their way to these feasts each day they happen, yet somehow it never seems crowded. It's great fun, especially for youngsters.

And it's in downtown Cheyenne, too, where you can simply browse around and enjoy the atmosphere of this lovely western city, while shopping in one of its many excellent stores stocked with fine western garb, or in casual conversation with cheerful shopkeepers and local residents. Even the police seem to bend over backward to be super friendly. It has been said, for example, that it's next to impossible for a visitor to get a parking ticket in Cheyenne during this festive week.

For more information write the Wyoming Travel Commission, 2320 Capitol Avenue, Cheyenne, Wyoming 82001.

Westport: salmon headquarters



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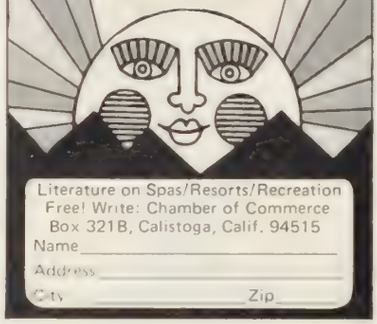
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In this section, you'll find sources of information to help you and your family pick the best vacation spots across the West. Check these sources carefully before planning *any* trip.

1 CALISTOGA—Profusely illustrated brochure showing the city, and health & recreation facilities with map of area and how to get there from San Francisco.
2 EUROPEAN TYPE SPA—and resort community of Calistoga at the foot of beautiful Mt. St. Helena and at the head of the famed Napa Valley and its world renowned wineries. Brochure.
3 DISNEYLAND-FANTASY MOTOR INN—Free book of Disneyland rides and admission with every family reservation. Write for details.
4 GOLETA VALLEY—in beautiful Santa Barbara County. Send for new Goleta Valley maps. Free.
5 GOLETA VALLEY—located in Santa Barbara County should be your choice for your next convention. Free literature.
6 IMPERIAL 400 MOTELS DIRECTORY—your guide to all the perfectly located Imperial 400 Motels throughout the West. Includes facilities, local maps & rates.
7 HAWAII CASTAWAY VACATION—from the resort hotel KUILIMA. Full-color brochure describes this 5-day and 4-night package.
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TRAVEL WEST

British Columbia, every coastal crevice worth a name on the map seems to have someone equipped to take you out in pursuit of salmon, or any other fruit of the sea that strikes your fancy.

With this sort of abundance in the business, it's not easy for one sport fishing port to achieve any particular distinction. But that's just what the genial little town of Westport, Washington, has managed, and if ocean salmon or, perhaps, albacore fishing is on your vacation mind, it's the place to go.

Perched on the tip of Point Chehalis at the portals of Grays Harbor, Westport's atmosphere is one of small-town maritime bustle and good-humored informality. You'll find everything you need in the way of accommodations, and friendly faces.

There are some 220 boats in Westport's charter fleet, 160 of them "documented" vessels licensed to carry six or more passengers. It's the largest fleet of its kind anywhere on the West Coast.

A day of salmon fishing will cost you about $20, give or take a dollar. The boats leave the Westport basin to push out over the harbor bar—an exciting part of the trip—between 6 and 6:30 a.m. daily, returning between 3:30 and 4, or earlier if everyone aboard catches his limit of three salmon. Anglers also come home with tasty ling cod, sea bass, and bony mackerel, and in late July and August you can go after albacore. The albacore excursions run about $35 to $40 per day.

All the boats are equipped with two-way radios, and you'll quickly pick up the fishing lingo as the fleet zeroes in on the day's best fishing grounds. When one boat complains it's encountering "shakers," you'll know they're hooking nothing but fish too small to keep. If another boat announces one of its fishermen has tied into a "slab" or a "hog," it means a fish upwards of 20 pounds has been taken.

If you haven't a way to prepare or preserve your catch, you can trade it for smoked, canned smoked, or regular canned salm on when you reach port. Coley Sea Foods, on the docks, pe forms this service, as does th much bigger Anchor Cannery.

Picking a boat out of this bi fleet is a little like drawing name out of a hat, but one i quite literally as good as ar other. You may find some favor ites among the skippers if yo make return trips, but on you first excursion you can find a boa (during the summer fishing sea son) through the Chamber o Commerce people in the kios set up right next to the dockin area on West Haven Drive. You can also find a complete charter boat listing at City Hall on Monte Sano Street.

If you'd like to make your pick in advance of your visit, you ca get a listing of the boats and thei skippers by writing the Westpor Charter Association, P.O. Bo 654, Westport, Washingtor 98595.

There are over 700 hotel an motel rooms in the immediate Westport area, with more in near by Grayland (south from West port on State-105) and in the Hoquiam area at the east end of Grays Harbor. Prices for double rooms average from $14 to $16 a night. If you want to splurge, there's the plush new Canterbury West, on the beach just south of town, with a nifty suite overlooking the ocean for $55. Twin Harbors State Park, three miles south of Westport on State-105, has campsites, trailer hookups, swimming, clamming, and surf fishing

The non-fishermen in your family can find miles of nice beach between Westport and Grayland, as well as curio shopping in Westport. The Westport Aquarium (open daily, 9-5, 50 cents adults, 25 cents children under 12) is an entertaining half hour or so for the kids, who will enjoy feeding the seals who generally put on a big show of enthusiasm in exchange for the tidbits being tossed their way.

Westport's prime fishing season runs from mid-April to mid-September, although the action begins to fall off after Labor Day weekend. There are several fishing festivals each year. The first is built around the annual Blessing of the Fleet, at the beginning of the season, and the two biggest fishing derbies—top prize for each, a new car—are held the Fourth of July week and Labor Day weekend. There is also a Driftwood Show in March and a Cranberry Festival projected for this fall.

For further information, write the Westport Chamber of Commerce, P.O. Box 306, Westport, Washington 98595. ■

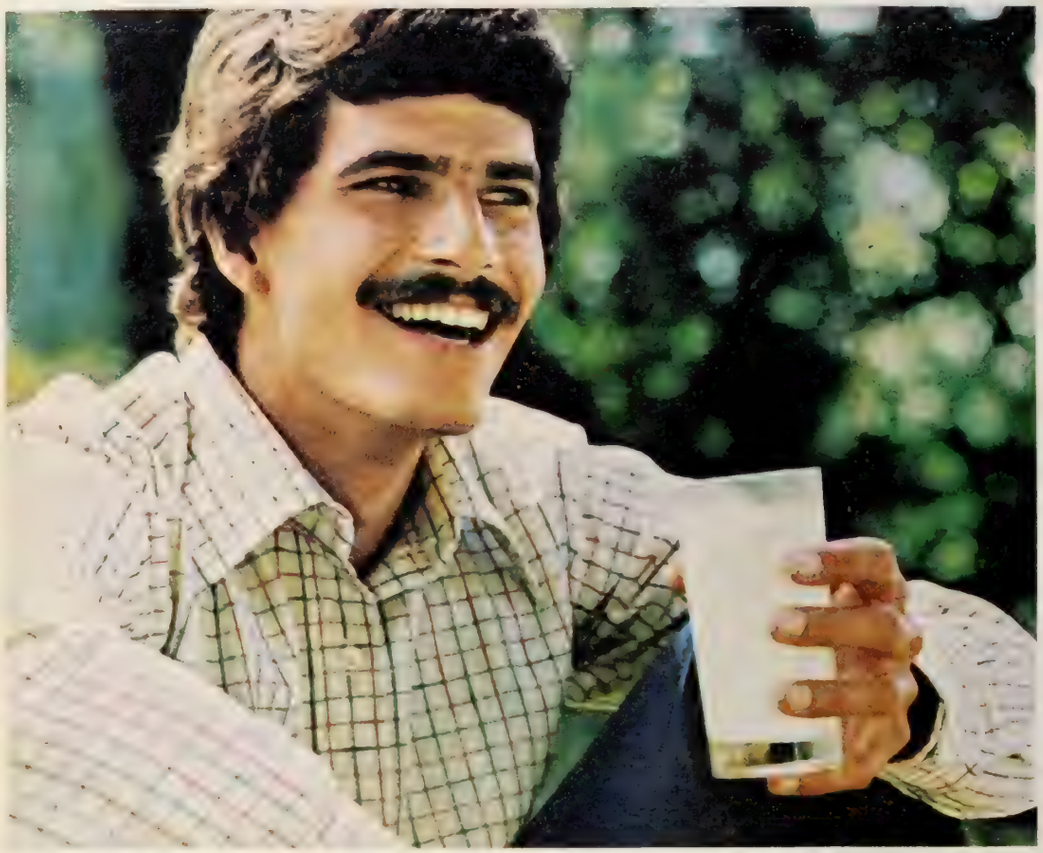
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Photographs: Hopkins



favors, pack plastic tumblers with
soaked shredded foam and insert
short-stemmed posies. After the
feast, hang the pinatas and let th
bat them with broomsticks till the
and prizes you've hidden inside pot



Cactus centerpiece for a luncheon
simulate a desert, spread an inch or
of sand on a platter or tray. Arrange
cacti in their pots and intersperse
small rocks. Dot straw figures of ani
in the desert landscape. If the party is
youngsters, you can hang small fa
from the bare branch which forms
focal point of the arrangement. Br
Mexican-looking cloth is made fron
remnant. To carry out the theme, st
wide bands of like fabric on each napk



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beak. For legs, cover skewers with fo
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*Prices quoted are special tour basing round trip coach airfares, subject to change without notice.

Kitchen storage ideas



1

Photograph: Bill Hedrich, Hedrich-Blessing. Designer: Don Hough Manufacturing Co. Source: Jessie Walker

1. Upended box creates a desk as practical as it is good-looking, nested in a multipurpose divider. Door, now bottom-hinged, fits flush within frame. Folding support arms on both sides secure shelf for family action.

Hard by the favorite entrance (near garage), this intra-family communication center is also the children's hands-down favorite study spot.

Box-within-a-box sections hold stationery but interior can adapt to child's crafts, bar items, handyman gear.

Built to take kitchen abuse, desk is covered with wood-grained laminated plastic. You could also use paint or natural-finish plywood. Newest surfacing is wood-textured vinyl now available with pressure-sensitive backing.

2. Mobile express lets you take it with you—appliances, food, dishes wherever family and friends gather for hospitality. Duties include transporting Sunday brunch, stashed within three 18x24-inch shelves, to the terrace.

Slides or spills are curbed by a 1½-inch recess, topped with heat- and moisture-resistant plastic. When parked under counter, the unit matches other storage, and shelves are accessible behind hinged front panel. Mounted on a sturdy 2x2 frame, ball casters hide and glide within hollow base.

3. Step-saver service combines pass-through with cook and serve facilities. Paper napkins, pig holed between hardboard secti hasten table setting or self-ser on TV trays for this family of f

Carefree stainless-steel co er surrounds the built-in c top. Four-inch splash guard hi clutter from dining area, confi splatters to cook surface.

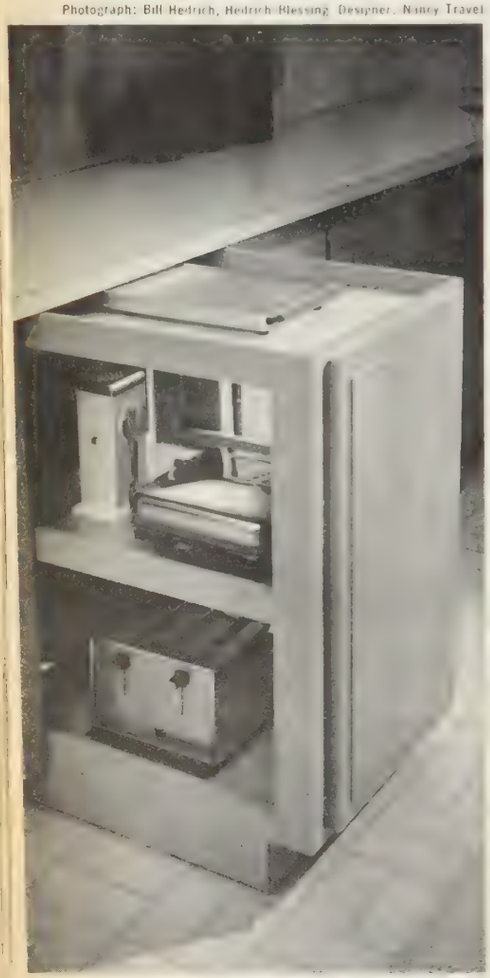
4. Two-faced storage was Gra ma's favorite step-saver, and t updated version will do the sa for you today. To make your even easier, there's a modern di washer on the kitchen side. He walls with doors on both si work overtime between kitch and formal dining room. Me brackets adjust shelves to vary heights as needed.

Floor-to-ceiling bifold do cover storage areas on din room side. Their oiled-walnut egance matches the paneling el where in the room.

5. A message center smooths t flow of family communication p vided you locate it where it ca be missed. Here a central hall commodates a 7-inch-wide sh supported by vertical 2x8s. T center's brilliant color and exc lent lighting alert all passersby.

Information is written on n pads, tacked on the cork bullet board above the shelf, or co municated by voice through t built-in intercom system. An e tension telephone is also locat in message center. Standing-heig shelf keeps conversation concis

Photograph: Bill Hedrich, Hedrich-Blessing. Designer: Nancy Travel



2

Architect: Volkmann & Stockwell



3

Photograph: Pearson Photography. Designer: Keith Hoppes. Source: Joselyn Cox

4



Photograph: Hedrich-Blessing. Architect: Altman-Saichek Assoc. Source: Jessie Wal

5



Wastebasket hideaway solves th space and location problems r that necessary, but unsightly tchen trash holder. Flanked by ık and range, the basket simply des out of sight. A frame of ½- ch plywood tops the hardwood awer glides. Center cutout is ɜed to hold a large, ready-made astic basket. Lipped edge rests ·er the plywood frame. Finger ıtouts at sides ease lift-out.

Front panel is a cabinet door ·ithout hinges) that matches adcent storage. Metal braces, addi-ɔnal wood cleat, glue and wood rews assure stability.

Small appliance garage adds ide-out convenience without lding cost. In this case, electric elpers come forth prepared for ork. Their counter-level compartent eliminates lifting.

Shelf repeats work-top design ı smaller scale, at higher level. oth are ¾-inch exterior plywood ırfaced with laminated plastic; lf-edged, two inches wide.

This facing conceals a sliding ack from which panels hang to de compartment contents. Conuous 20-amp electrical outlet rips, wall-mounted under the ıelf, keep appliances ready for stant action.

Glass shelves spruce up a ank wall—a smart way to tie ɔgether two storage areas of unqual depth. Just right for spice rs, these shelves are only two ches wide. To tailor idea to your space and needs, local glass supplier or store-front contractor cuts plate glass to your specifications and grinds the edges, too.

Push-in clips that fit ¼-inch holes let you position shelves for decorative displays of different sizes and heights.

9. Cover-up panels slide out of the way while baking supplies and appliances are in use. Panels covering entire area (as these do) add storage space at a most convenient height. In ordinary kitchens, this wall area between counter and wall-hung storage is seldom used.

Translucent, amber-toned rigid plastic is framed in 1x¾-inch walnut. With nylon rollers fastened topside these panels slide along an aluminum channel just above the work top.

10. Ready-made drawers add instant storage. Your choice of four color strips included in each package dress up the neutral beige vinyl tilt-outs.

Several widths are available, some outfitted for special jobs. For example: ones with clear plastic lids keep out moisture; relieve counter of food canisters. Another dispenses paper toweling, foil, plastic wrap. Others hold baby food, utensils, lids within their drawer-shape.

All are 12⅜ inches from front to back. Top frame includes drawer glides; install with bolts or screws. Buy them at hardware, housewares, and supermarket stores.



Photograph: Hopkins. Designer: Kitchens Unlimited. Source: Jan Voss

6



7

Photograph: de Gennaro. Architect: Neal Noble, A.I.A. Source: Dorothy Campbell

Photograph: Hopkins. Designer: Helen A. Dawson



Photograph: de Gennaro. Designer: William Dorff. Source: Pauline Graves

8



Architect: Walter Thomas Brooks

9



10

Beautify a wall with m-d shelving

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Fresh fruit shortcakes

Your family has waited for fresh fruit desserts all year. Now them to one of these worth-waiting-for winners: Strawberry nana Shortcake and Peachy Ginger Shortcake.



STRAWBERRY BANANA SHORTCAKE

A classic dessert—but with bananas added this time—

2 cups sifted all-purpose flour
2 tablespoons sugar
3 teaspoons baking powder
½ teaspoon salt
½ cup butter or margarine
1 beaten egg
⅔ cup milk
2 cups sliced strawberries, sweetened
2 cups sliced bananas
1 cup whipping cream

In large mixing bowl, sift together flour, sugar, baking powder, and salt; cut in butter or margarine till mixture resembles coarse crumbs. Combine egg and m add all at once to dry ingredi stirring just to moisten. Sp dough in greased 8x1½- round layer pan, slightly buil up edges. Bake in 450° over 15 to 18 minutes or till gol Remove from pan; cool on 3 minutes. With serrated k split in two layers, lifting to carefully. Spread bottom l with additional butter. Com strawberries and bananas. W cream till soft peaks form. Sp fruits, then whipped cream, tween shortcake layers and top. Garnish with additi strawberries, if desired. To se cut in 6 wedges.



PEACHY GINGER SHORTCAKE

1 package gingerbread mix
½ cup brown sugar
2 tablespoons cornstarch
1 cup water
2 cups blueberries
2 tablespoons butter or margarine
2 tablespoons lemon juice
2 cups sliced fresh peaches
Frozen whipped dessert topping, thawed

Prepare gingerbread according to package directions, except bake in 13x9x2-inch baking in 350° oven for 20 minutes till done. In saucepan, comb brown sugar and cornstar gradually blend in water. A blueberries. Cook and stir o medium heat till thickened bubbly. Stir in butter or m garine, lemon juice, and the sli peaches. Spoon fruit over squa of warm gingerbread. Spoon dessert topping. Makes about servings.



FETTUCCINE PARMESANO:

Cook noodles from 2 packages Golden Grain Noodle Roni Parmesano. Meanwhile, saute 2 cups sliced fresh mushrooms in 1 stick melted butter for 5 minutes. Add ¼ cup dry white wine, lower heat and blend in 1 cup whipping cream. Pour over drained noodles, sprinkle with Parmesano Sauce mix and toss. Makes 4 hearty servings.

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Packaged dinner fix-ups



TAMALE CASSEROLE
Serve with an avocado-studded mixed green salad—

- **1 package spaghetti dinner mix with meat sauce and cheese**
- **1 15-ounce can tamales**
- **1 16-ounce can whole ke corn, drained**
- **2 teaspoons chili powder**

Break spaghetti from dinner mix into pieces; cook acco to package directions, omitting salt. Drain. Halve 3 tam cut up remaining and stir into spaghetti along with meat s from the mix, the corn and chili powder. Spoon into 1½-c casserole, top with reserved tamales and cheese from mix. H in 350° oven for 45 minutes. Makes 6 servings.



Photographs:

MACARONI-SALMON SKILLET
Your dinner guests will never guess this starts with a mix—

- **1 7¼- or 8-ounce package macaroni and cheese dinner mix**
- **¾ cup milk**
- **2 tablespoons butter or margarine**
- **1 16-ounce can salmon, drained and broken into chunks**
- **1 3-ounce can sliced mushrooms**
- **2 teaspoons dried parsley flakes**
- **½ teaspoon paprika**
- **½ teaspoon prepared musta**
- **1 cup dairy sour cream**
- **2 tablespoons dry white win**

Cook macaroni from dinner mix according to package dire tions; drain. In skillet, combine the macaroni, the cheese fr dinner mix, the milk and butter or margarine. Stir in salmo *undrained* mushrooms, parsley, paprika and mustard. Simm uncovered, for 5 to 10 minutes, stirring occasionally. Stir sour cream and wine; heat through. Makes 4 to 5 servings.

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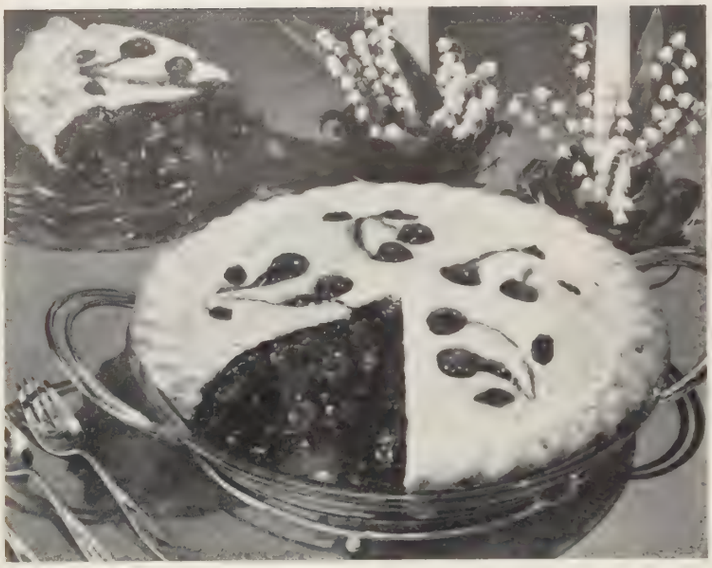
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NATIONAL SAMCO, INC. 520

The pick of our cherry recipes

When beautiful cherry blossoms give way to crimson, ripe fruit, it's cherry picking time. Time to combine fresh cherries with raspberries, and bake in a pie—you'll love the combination! Or stir cherries into a special nut bread. Or top off a summer with petite cherry-filled cakes. Later on, use canned or frozen cherries—



CHERRY RASPBERRY PIE

Wonderful fresh fruit flavor—one of the best pies ever!—

1 recipe plain pastry (based on 2 cups flour)
1 10-ounce package frozen raspberries, thawed
¾ cup sugar
3 tablespoons cornstarch
¼ teaspoon salt
Red food coloring (optional)
2 cups pitted fresh red tart cherries*

Prepare pastry for a 2-crust pie; using half, line 9-inch pie plate. Drain raspberries, reserving syrup. Add water to syrup to make 1 cup. Combine sugar, cornstarch, and salt; stir in reserved syrup, a few drops red food coloring, and the cherries. Cook and stir over low heat till thick and clear; stir in raspberries. Pour fruit mixture into pastry-lined pie plate. Adjust top crust over filling; crimp edge. Bake in hot oven (425°) for 30 minutes.

*Or one 1-pound 4-ounce can frozen pitted red tart cherries, thawed and drained. (Add cherry juice to raspberry syrup to make the 1 cup liquid, and reduce sugar to ½ cup.)



CHERRY NUT BREAD

Moist, cherry-studded slices make a perfect partner for a cool, crisp luncheon salad—

2 cups sifted all-purpose flour
1 cup sugar
1½ teaspoons baking powder
1 teaspoon soda
1 teaspoon salt

• • •

Juice of one orange
1 teaspoon shredded orange peel
2 tablespoons cooking oil or melted shortening
1 slightly beaten egg
1 cup halved and pitted fresh red tart cherries*
1 cup chopped California walnuts

Sift together flour, sugar, baking powder, soda, and salt. Add water to orange juice to make ¾ cup. Combine orange juice, orange peel, cooking oil, and egg. Add to dry ingredients, mixing well. Fold in cherries and nuts. Turn into greased 9x5x3-inch loaf pan. Bake in a slow oven (325°) 50 to 55 minutes. Remove from pan; cool.

*Or use 1 cup canned cherries, pitted, chopped, and thoroughly drained. (Use remainder of can for cherry sauce.)

Photographs: Scott



CHERRY COCONUT ANGELS

For a busy-day variation, use canned cherry pie filling—

2 cups pitted fresh red tart cherries
¾ cup water
2 tablespoons cornstarch
1 cup sugar
¼ cup water
1 tablespoon butter or margarine
¼ teaspoon cinnamon
1 4-ounce package whipped cream cheese
1 teaspoon milk
½ teaspoon vanilla
¼ cup sugar
2 packages sponge cake dessert cups (8 dessert cups)
1 3½-ounce can (1⅓ cups) flaked coconut

Combine cherries and the ¾ cup water; cook till tender, about 5 minutes. Mix cornstarch and the 1 cup sugar; blend in the ¼ cup water. Add to cherries; cook and stir till mixture is thickened and boiling; cook 2 minutes more. Stir in butter or margarine and cinnamon; chill.

Combine cream cheese, milk, vanilla, and the ¼ cup sugar; beat till smooth. With fork, remove small amount of center from each dessert cup. Frost cups with cream cheese mixture; roll in coconut. At serving time, spoon chilled cherry sauce into centers. (Or use 1 1-pound 5-ounce can cherry pie filling, chilled.) Makes 8 servings.

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Recycled centerpieces

If your supply of containers can't keep up with the posy p ductivity of the garden, try recycled containers like the plas tomato cartons shown here. You can mix or match them build striking geometric structures. If you like, paint the c tainers to match table settings, or weave in colorful bandi of ribbon.



Quaint grouping displays roses and zinnias in lower bask with lilies in a third basket perched atop a stack of two smal ones. Line containers with foil pinched in at corners to h water. (Or you can put a small bowl inside the foil.) Wh working with three elements, unify them by shaping each in triangle of different proportions—then fit triangles together form a low, medium, and high composition.

Photographs: Hop



Tomato baskets, one slanted atop the other form an unusu container for zinnias and phlox. Line each basket with fo then secure baskets in position with floral putty. Fill each fo lined carton with plastic foam. In the lower basket, insert sho stemmed zinnias curving upward toward the center. Use a stalk phlox as the high point in top basket. Fill in with additional ste of phlox and a few zinnias at the base.

Sensational sundaes



MOCHA RUM SUNDAE

Next time, try mint-flavored semisweet chocolate pieces—

½ of 6-ounce package (½ cup) semisweet chocolate pieces
4 tablespoons butter or margarine
¼ cup sugar
1⅓ cups sifted all-purpose flour
2 tablespoons milk
Coffee or vanilla ice cream
Coffee Rum Sauce
Flaked coconut

Melt together chocolate pieces and butter or margarine. Remove from heat; stir in sugar, flour, and milk. Divide into 6 portions; pat into six 4½-inch tart pans. Bake in 350° oven for 10 to 12 minutes. Cool completely before removing from pans. Fill shells with ice cream; top with Coffee Rum Sauce and coconut.

To make Coffee Rum Sauce: In saucepan, dissolve 1 tablespoon instant coffee powder in ¼ cup light cream. Stir in ¼ cup light corn syrup and ⅛ teaspoon salt. Add 3 cups tiny marshmallows. Cook, stirring occasionally, over medium heat till marshmallows are melted. Do not boil. Remove from heat; stir in 1 teaspoon rum flavoring. Cool. Stir before serving. Makes 1⅓ cups sauce.



Photographs: Dieter



SUNDAE ALASKA PIE

1 pint strawberry ice cream
1 9-inch baked pastry shell
1 10½-ounce jar (1 cup) strawberry ice cream topping
1 pint lime sherbet
3 egg whites
½ teaspoon vanilla
⅛ teaspoon salt
⅓ cup sugar

In chilled bowl, stir ice cream to soften. Spread ice cream in pastry shell; quickly spread with strawberry topping and place in freezer. When surface of jam is firm, stir sherbet to soften and spread atop; return to freezer till frozen very firm. Combine egg whites, vanilla, and salt; beat to soft peaks. Gradually add sugar, beating to stiff peaks. Spread meringue over sherbet. Place pie on wooden board; bake in 450° oven for 4 to 5 minutes or till golden. Serve immediately.

BUTTERSCOTCH CRUNCH SUNDAE

½ gallon vanilla ice cream
1 3-ounce can (2 cups) chow mein noodles
1½ cups chopped peanuts
1 12-ounce package (2 cups) butterscotch pieces
½ cup water
½ cup light corn syrup
4 tablespoons butter or margarine

Scoop 12 ice cream balls onto baking sheet in freezer. Crush chow mein noodles; combine with peanuts. Roll ice cream balls in peanut mixture till coated; freeze. In saucepan, combine remaining ingredients. Bring to boiling over medium heat. Cook 1 minute, stirring constantly; cool. Spoon a little sauce into 12 dessert dishes; place ice cream ball in each. Drizzle with remaining sauce.



Good eating from gooseberries

During June and July when fresh gooseberries are available, be sure to bring home enough for pie making and preserving. Look for ripe berries—ones that are light amber and soft to the touch. For best results, you must remove the stem and blossom ends before cooking or baking.

Gooseberries will keep in your refrigerator for one or two days loosely covered. When fresh berries are no longer available, you may substitute an equal measurement of the canned variety.



GOOSEBERRY PIE

Pastry for 2-crust 9-inch pie
1½ cups sugar
3 cups gooseberries, washed and stemmed
3 tablespoons quick-cooking tapioca
¼ teaspoon salt
2 tablespoons butter or margarine

Roll out half of pastry for bottom crust; line 9-inch pie plate. Crush ½ cup of the berries; combine with sugar, tapioca, and salt. Cook and stir till thickened and bubbly. Add remaining berries. Pour into pastry shell. Dot with butter or margarine. Roll out remaining pastry; adjust top crust. Seal and flute edges; cut slits for escape of steam. Bake in 400° oven for 30 to 40 minutes or till browned. Serve pie warm. Makes one 9-inch pie.



Photographs: Dieter

SPICED GOOSEBERRY RELISH

A relish to serve with roast pork or beef—

2 quarts gooseberries, washed and stemmed
1½ cups granulated sugar
1½ cups packed brown sugar
½ cup vinegar
½ cup water
½ teaspoon ground cloves
½ teaspoon ground allspice
¼ teaspoon ground cinnamon
Dash salt

In large saucepan or Dutch oven, combine gooseberries, the granulated sugar, brown sugar, vinegar, water, cloves, allspice, cinnamon, and salt. Cook over medium heat 25 to 30 minutes or till thickened, stirring frequently. Spoon into hot clean canning jars; wipe tops of jars with damp cloth and seal. Makes 5 half-pints.

GOOSEBERRY JAM

Great with English muffins—

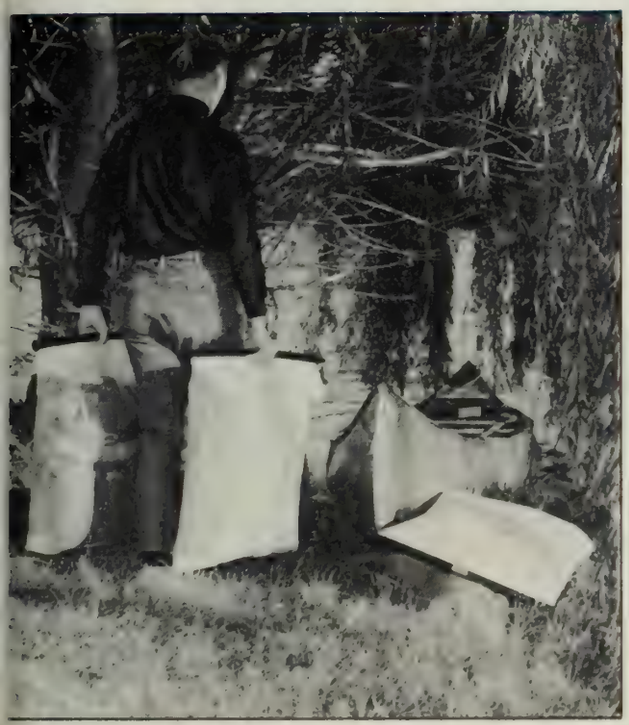
2 quarts gooseberries
6 cups sugar
½ of 6-ounce bottle liquid fruit pectin



Wash berries; remove stem and blossom ends. Put through food chopper using coarse blade. Measure 4 cups chopped berries into large saucepan or Dutch oven. Add sugar and mix well. Bring to full rolling boil over high heat. Boil hard 1 minute, stirring constantly. Remove from heat; stir in pectin. Skim off foam with metal spoon. Ladle into hot clean jelly jars. Carefully wipe tops of jars with damp cloth and seal. Makes 7 half-pints.

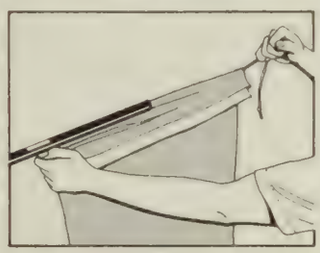


GOOD NEWS









Your camping gear stays dry whatever the weather when you carry everything in one of these waterproof sacks designed for the canoe camper.

Each sack consists of a polyethylene inner bag to keep things dry and a woven polypropylene outer bag to protect the inner bag from abrasion. The unique Versa-Seal closure is the secret of the leakproof seal. You simply fold the top of the sack, and then use the cord to draw the closing device over the fold. Once the sack is sealed, use the cord to secure the sack to the thwarts or gunwales of the canoe.

Since the sack is airtight as well as waterproof, your possessions will float high and dry should your craft capsize. The floating sack, while it's no substitute for a good Coast Guard-approved life jacket or life preserver, will provide additional buoyancy to help you keep your head above water in an emergency. And an empty sack with just a little air inside makes an ideal pillow cushion for relaxing at the end of the day.

Canoe Camp-Pak, $5.95 in boating and camping depts., Voyageur Enterprises, Box 512-B, Shawnee Mission, Ks. 66201.

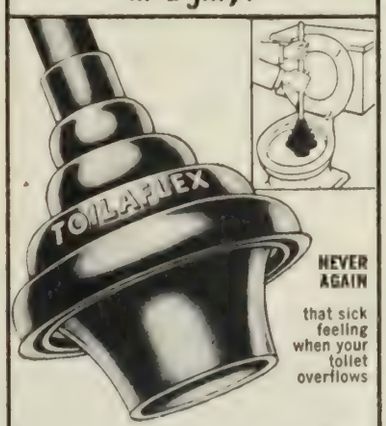
continued on page 121

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The Bountiful Bahamas



By Margaret Daly,
Associate Editor

Just 50 miles east of Palm Beach, a dazzling mosaic of tropical islands and seas stretches southward almost to the shores of Haiti. Warmed year-round by the Gulf Stream, and cooled in summer by soft trade winds, the low-lying Bahamas have become a reasonably priced, easy-to-reach vacation mecca for thousands of Americans each year.

The intrigue of these islands isn't new. Columbus first set foot in the New World here, on San Salvador. Blackbeard scanned these seas for his buccaneering plunder. Loyalists, fleeing the American Revolution, tried to recreate plantation life on Bahamian soil. And Prohibition rumrunners slipped through the same island shadows where Confederate ships had dodged the Yankee blockade a half century before.

Visions of high society linger in the Bahamas, too: the Duke and Duchess of Windsor; Huntington Hartford; Howard Hughes, perched in his aerie atop Paradise Island. Even fiction seems almost fact. A sip of rum collins, and it's not hard at all to picture James Bond plunging through the ocean depths in hot pursuit of "Thunderball."

This July, the Bahamas have a historic transition scheduled. The islands are to end their status as a British colony and begin a new life as an independent nation and full-fledged member of the Commonwealth. Gala celebrations will be held during the month, supplementing the traditional cavorting of "Goombay Summer," a sort of extended Mardi Gras celebrated this year from June 3 to September 9 with dancing in the streets, special festivities, and plentiful cut-rate bargain packages offered by many



airlines and several hotels, too.

The fact is, the Bahamas are no longer the province of just the rich and daring. Many hotels are grand, to be sure, and some clubs quite exclusive. Yet there are fairly moderate accommodations, too—especially during the off-season months of mid-April to mid-December.

What's more, you can get to the Bahamas easily. A number of airlines fly regularly from various U.S. cities to Nassau, the islands' capital, on New Providence, and to Grand Bahama (Freeport) or Eleuthera Islands. Cruise ships also make frequent runs to Nassau and Freeport.

Most important, there now are regular *local* flights to over a dozen islands, both from Nassau and directly from Florida. This means you can choose almost any kind of vacation you want, because the Bahamas vary greatly in mood and style.

The beauty of these 700 islands and 2,400 cays (pronounced "keys") is breathtaking. Underwater sandbars and reefs toss back the sunlight in an iridescent dance of blue and green—azure, turquoise, amber, and gold. Wherever you go, magnificent beaches are soft-sanded and abundant, and copious bright-colored blossoms accent the foliage and tangled green brush.

Sea and sun saturate the Bahamian way of life. Service and

continued







Photographs: Bahamas Tourist News Bureau

seem slow at times—but what's your hurry on such a fine day anyway? It's time to "be hoppy, mon," and that's just what the lilting speech and calypso beat of the island people suggest.

Some islands and resorts specialize in particular activities such as deep-sea fishing, scuba diving, golf, or gambling. At most places, however, you can find almost anything you want—except for gambling, which is limited to Nassau and Grand Bahama Island.

Nassau and New Providence Island

As you drive at night along West Bay Street in Nassau, the Bahamas' capital, you may hear distant sounds of battle, or bloodthirsty cries of pirates on the attack. High above the harbor of this formerly British-colonial town, the guns and ramparts of Fort Charlotte (1788) stand silent—except after dark, when they come to life with a spectacular "sound and light" show.

No actors are visible. Just their voices emerge from the shadows, as sudden spotlights pinpoint scenes from history. A lone flicker and cry re-create the plight of an Arawak Indian trapped in a Spanish mine. Shafts of crescendoing color march across the parade ground while laughing "pirates" take over a town. You also can visit the castle free during the day.

At the Seafloor Aquarium nearby, huge tanks house underwater species in both day and night settings. There's a dolphin show, and in the Bahamian Lagoon you'll see how local fishermen capture giant turtles—despite the sharks that circle in the same waterway. Down the road, three acres of tropical foliage blaze in the sunlight at Ardastra Gardens. Most startling is a regiment of pink flamingos that march to drill instruction every day at 11 a.m. and 4 p.m. The price of admission is $1.50.

The center of Nassau is Prince George Wharf. With a huge straw market on Rawson Square directly behind the waterfront, and the pastel-and-pillared government buildings across busy Bay Street, the area is a teeming tureen of Bahamian life. Often, five or six huge ships dwarf the tiny boats of islanders who line Woodes Rogers' Walk each day to sell their fresh fruit and vegetables, and to crack conch ("konk") shells for the delicious meat that's a native staple.

This is quite naturally the tourist hub of town, so be prepared to jostle a bit with the crowds. Here is where you take glass-bottom boat trips to the Sea Gardens ($3), for instance, or hire a quaint horse-drawn surrey to tour local streets and get the driver's personal views on history, politics, or the weather ($5 an hour).

Here, too, is where you can shop at the elegant, internationally known stores on Bay Street. Bargains include woolens, tortoiseshell jewelry, liquor, perfume, crystal, china, and cameras. You'll also find a number of restaurants, including some good, inexpensive American-style short-order places.

The transition to independence will be orderly, and certainly much of the British influence will remain. In fact, it's part of the charm of these islands. "Constables" in smart British tropical uniforms direct the traffic. Judges wear wigs in court. Cars drive on the left side of the road. And the local speech is a delightful blend of musical native Bahamian tones and the polite, polished accents of Great Britain.

Government House, a few blocks up the hill from the harbor, looks about as British Colonial as you can get, with its white pillars, shuttered windows, and pink pastel walls. Nearby is the Queen's Staircase, 102 feet high and carved out of solid limestone. Above, the ruins of Fort Fincastle stand next to the Water Tower, where you'll get the best view possible of the island.

Back toward the center of town, grab a bargain meal at the Poop Deck, overlooking the harbor fleet and the arching bridge to Paradise Island. If you want a more leisurely meal, try the Pilot House nearby.

It costs $2 to cross by car to Paradise Island, and 50 cents by boat. Once called "Hog Island," this now-ritzy strip of land where the gamblers go was bought by Huntington Hartford for millions of dollars some years ago. He built the posh Ocean Club, where you can lunch by the pool and look over seven beautiful gardened terraces toward a 14th-century cloister that Hartford brought over from France. He eventually sold his other interests to Resorts International, which has built several hotels on the island, plus a casino, a few nightclubs, and excellent sports facilities. Among the best family hotels in terms of price are the Holiday Inn, Beach Inn, and Flagler Inn.

Other inviting features of New Providence, outside of Nassau, include the marina at Coral Harbour; posh resort living at Lyford Cay; and Love and Cable beaches, both excellent. And for swinging night life, try "Charley Charley's" and other upbeat clubs in the native district called "Over the Hill."

The Out Islands

Nassau has long been the center of the Bahamas, with everything else considered "out" from the capital. All these islands share an uncommon natural beauty. Some have had civilization imposed upon them with great artifice—but that's what many people want. On others, there are charming vestiges of history past and present, and tourist facilities blend right in. Then there are those islands where the remote wilderness remains. What hotels there are seem truly isolated—oases of electricity and quiet good-fellowship amidst miles and miles of no civilization at all, except perhaps a tiny fishing village where you *might* catch a Saturday night dance at the local pub.

Glitter and gambling

Grand Bahama Island's Freeport and Lucaya are so full of tinsel and the promise of gold that it's sometimes difficult for visitors to remember the great beaches that make this a fine sunshine spot, too.

Technically an "Out Island," and physically just as beautiful, Grand Bahama nevertheless creates a world unlike any other in the islands. A sense of luxury abounds. Hotels are new and high-rise. Tourists mass around the casino tables and giant hotel





ools. Even the golf—which is xcellent—takes place on super abulous courses.

There's gala night life, includ-ng some Las Vegas-type shows topless) and nightclub cabarets. nd then there are the casinos: he El Casino, a white and gold yzantine giant opposite Free-ort's 800-room King's Inn, rgest in the Bahamas; and the lonte Carlo Casino, two miles way, at Lucaya.

Next to El Casino, there's a scinating fabrication called the nternational Bazaar. You step rough a 30-foot-high Japanese orii gate of welcome to ten cres of tiny markets from all ver the world. There are Span-sh shawls and swords for sale; hinese silks; handicrafts from srael and France; African ebo-ies; English beer. You even can et custom-made Hong Kong lothes. And you'll find a number f good restaurants, with vary-ng prices.

There's plenty to do besides amble on Grand Bahama. Lu-caya Beach is one of the finest in he islands. You can learn to cuba-dive, snorkel, and take nderwater pictures at the Un-derwater Explorers Club. Ba-amian and Maine lobster dishes re superb at the Fishing Hole, n Hawksbill Creek. And you'll nd vibrant limbo and fire danc-ng at the Junkanoo Club, among thers.

Beaches and breezes

Eleuthera, Abaco, Exuma, Cat, Long, and Andros Islands are beachcombing islands, with nfrequent pockets of fascinating towns and inhabited cays. So remember well: Once you're there, you're there. Rarely will you find a movie. Many hotels accommodate only ten or 15 guests (although others take a hundred). The nearest town may be 20 miles away by rickety cab or bike. But the beaches are superb, the reefs alive with color, the fish hungry, and the winds ready to fill your sails.

Here are just a few highlights of each of these islands.

Eleuthera, 110 miles long and barely two miles wide, is one of the most developed of the Out Islands. In the south, there are elegant accommodations at the Rock Sound Club, which has three different facilities open during various seasons. Guests can use the championship Cotton Bay golf course ($15 greens fees in season); and the town of Rock Sound has an abundance of interesting shops.

Farther north, 100 rooms at the Eleuthera Beach Inn overlook an almost endless private beach. Flights to Rock Sound Airport get you within reach of both resort areas (Pan Am flies from New York and Miami).

You also can come from Nassau into Governor's Harbour Airport, on central Eleuthera. And there's a third airport, in the north. Here's where the Eleutherian Adventurers are supposed to have landed in 1647 and taken shelter in Preacher's Cave —refugees from Bermuda, of all places, and the first white settlers of the Bahamas.

A few miles south, near Gregory Town, the island narrows almost to nothing at the "Glass Window." This once-natural arch has been replaced by a man-made bridge. As you cross, the turbulent Atlantic pounds the cliffs on one side while the water on the leeward side remains miraculously calm.

The Abacos are two main islands of pine, cypress, and many lakes, where hunting and fishing are excellent. Most tourist facilities are on little cays off the east coast. There's Hope Town, for instance, or Elbow Cay, with its red-and-white-striped lighthouse and painted wooden houses. No cars are allowed on Man-O-War Cay, long the boat-building capital of the islands, where you can stay in one of six tiny cottages. Green Turtle Cay and Treasure Cay also have a number of little inns and guesthouses. And way to the north, especially favored by fishermen and divers, is the Walker's Cay Club (direct flights from Fort Lauderdale).

About 350 cays form *The Exumas,* many of them uninhabited knolls of beach or cliff. There's a bountiful land-and-sea park 22 miles long in the north, where you can snorkle and scuba-dive, or walk through miles of wildlife trails. Civilization starts to the south, in the hills of George Town. Under a huge fig tree, you'll find one of the best straw markets in the islands. And there's great shelling on Stocking Island, across the harbor.

Cat Island, 60 miles long and the boyhood home of Sidney Poitier, is the highest of the Bahamas—at one point all of 206 feet above sea level. There's a tremendous view from the Hermitage, a miniature monastery. Below lies The Bight, its thatched-roofed houses once part of an enormous plantation whose mansion still stands in part.

At the north end of *Long Island,* rugged cliffs drop suddenly to the eastern sea, while only a few miles away to the west, broad beaches spread lazily into the water. The Stella Maris Inn is the only resort in this area, but you'll find all you want: three pools, several private beaches, tennis, boats, scuba gear, tours of the island.

Andros is the biggest Bahama of them all—104 miles long and 40 miles wide. But it's mostly swamp, hardwood, and low brushland, ideal for hunting and fishing. All tourist facilities run along the eastern shore, where ribboned beaches lie in the shade of towering palms.

Diving is one of the biggest attractions here. Right off the island are the third largest barrier reef in the world and, just to the east, the Tongue of the Ocean, a thousand fathoms deep. Small Hope Bay Lodge, in Fresh Creek, is a good center for scuba enthusiasts. On South Andros, near Mangrove Cay, Las Palmas Hotel provides congenial isolation for dedicated hunters, fishermen, and escapists. The beach and reef here are superb, and so is the hospitality.

Sailing and fishing

There's a rumor that Hemingway wrote "The Old Man and the Sea" after he'd caught a giant bluefin tuna in the Gulf Stream off *Bimini.* Whether that's true or not, there are plenty of fish stories around here that are. World records are caught in these waters all the time.

The Biminis are above all for sports fishermen. Four big marinas fill the harbor of Alice Town, a booming spot for night life, too. In the daytime there, be sure to go to the 9 a.m. feeding

continued



at the Lerner Marine Laboratory. And there's swimming and shelling on several beaches.

Next best for fishing are the deep waters along the *Berry Islands*. These are a yachtsman's paradise, too, with their many harbors and isolated beaches where you can swim ashore to absolute privacy. At the Great Harbour Club in Great Harbour (daily air service from Fort Lauderdale), you can stay in elegant villas or in town houses with kitchenettes.

New England in the tropics

A ten-minute ferryboat ride ($1.50) from north Eleuthera takes you to *Harbour Island*, where there's a storybook town that could have been transplanted right from Cape Cod. Clapboard houses and picket fences run up and down hilly lanes, and only the bright bougainvillea and other tropical flowers bring the setting back to its true locale.

Dunmore Town is ideal for exploring on foot, bicycle, or motorbike. Toward dusk, park your feet on the porch rail of one of several small hotel bars across from the town dock, and watch the sun set behind a huge fig tree. On the other side of the island, a wide, genuinely pink sand beach stretches for over three miles beneath gentle bluffs that are lined with hotels of varying size, elegance, and cost. One of the best for families is the Coral Sands.

The underwater world

Surrounded by 100,000 square miles of some of the clearest seas in the world, the limestone and coral reefs of the Bahamas are rich in underwater life. You'll be dazzled by color, whether you're staring through a glass-bottom boat, snorkeling on the surface, or plunging with mask and tank into the deep. You may even spot some old shipwrecks.

Amateurs and professionals will find plenty of ways to enjoy the beauty and the bounty. You can get flippers, mask, and snorkel almost anywhere, usually free or for a nominal rental fee. And many islands and hotels also have scuba centers. Half-day trips run from about $10 to $30, including equipment. With a lesson, trips are from $20 to $30.

In Nassau, Underwater Tours, Ltd.—typical of such facilities in the Bahamas—will check out your scuba skills before you go into the deep, and they'll give beginners lessons in the hotel pool before any excursion. Costs: $20 for an experienced diver, $30 for a beginner (half-day); double for a full day; with equipment.

Believe it or not, you even can go underwater with a helmet—no experience necessary. During the winter months, Bronson Hartley takes four or five people at a time a few feet down to the ocean floor (about 16 can go on the half-day boat trip). The helmet works much like a glass that captures air when you turn it upside down in a dishpan of water. You won't even get your hair wet, and you'll see lots more than you would snorkeling. The cost is $10, with an extra charge if you have pictures taken.

Boating and fishing

Most hotels and resort areas offer small boats for free use or rent, from glass-bottom skiffs to sunfish and sailfish. You also can charter larger boats such as power cruisers, schooners, ketches, sloops, and yawls by the day or week. Some can be manned on your own; others come with crews. Costs vary.

Nassau, Freeport, West End (Grand Bahama), Hope Town (Abaco), Walker's Cay, and Bimini are headquarters for charter boat fleets, although you'll find some charters in other ports, too, especially for fishing. Deep-sea fishing jaunts average about $80 for a half day, $130 a full day (two to six people per boat).

The catch can be well worth the excursion. Off Bimini, for instance, record blue marlin, tuna, shark, and dolphin are often pulled up thrashing from the deep. You'll have a good chance at these, plus bonito, yellowfin tuna, kingfish, wahoo, and sailfish almost anywhere in the Bahama channels. The flatlands of Andros Island are especially noted for the sporty bonefish. (The same terrain makes hunting for small fowl and wild boars, a possibility as well.)

There's also great fishing off the reefs, where a trolling line with lure or live bait may hook grouper, snapper, amberjack, barracuda, mackerel, or yellowtail. The Bahamian flats and inlets offer special treats for casting buffs. Most famous is the fighting bonefish, an inedible scrapper that has even the experts swapping tales for hours.

Tennis and golf

Not all hotels have tennis courts, but on most islands you'll be able to find at least one or two that do. Golf is focused in Nassau (five courses, including the night-lighted Blue Hills Golf Course) and Grand Bahama (six courses, plus some three-par and other special courses). On the Out Islands, you can play at Cotton Bay Club, Eleuthera (open only to members and guests during the winter season, and to guests of the Rock Sound Club the rest of the year); Treasure Cay Golf Club, Abaco; and Great Harbor Club, Berry Islands.

Greens fees average about $7 for 18 holes, $5 for 9 holes; cart rentals, from $5 to $10.

When to go and what it costs

The Bahamian tourist year is divided into two major seasons. High season runs from December 15 to April 15; low season, the rest of the year. Temperature hovers in the 70s and 80s year around, with the hottest time in August. Rainfall is rarely very serious, with the wettest months June and October.

There's a great variety of accommodations, but with some exceptions your stay won't be cheap, especially in high season (reservations are essential then, too). For example, the rates for two in a double room, Modified American Plan (breakfast and dinner included), run anywhere from $35 to $70 or more a day during high season, about 25 percent less during low. Guesthouses charge from about $10 to $40 a day per person in high season. Children are charged less when they stay in the room with you. Out Island rates are often lower than those in Nassau and Grand Bahama. Some places may charge a nominal "club" fee of $5 to $10 or so.

If you're staying in a fairly populated area, not a remote Out Island hotel, you might want to

continued



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There also are special housekeeping cottages, sleeping four to six people, that you can get for about $300 a week during the high season, $150 during the low.

Island-hopping

Regular flights on Out Island and Flamingo Airways go from Nassau to 19 or 20 other island airports. In addition, Mackey International flies from Fort Lauderdale, Palm Beach, and Miami to some 15 or so islands.

The interisland flights are a bit adventuresome. Most of the planes are small—about 18 passengers, plus a crate or two of chickens in the hold upon occasion. Through the open cockpit door, you can watch the pilots maneuvering the stick. They're so efficient that the plane may even take off ahead of schedule—so get there early. But it's all safe and fun and gives you a low-flying bird's-eye view of the beautiful seas as you go along.

When you're flying to well-inhabited places, a fleet of taxis of varying vintage will take you to your hotel. Fares vary widely. At less populous spots, a hotel car will meet you. Your arrival is expected because the pilot has radioed ahead, or you've written in advance (a good idea), or the local airport ticket master has a wife who cooks at the hotel where you'll be staying, and the word is out.

You can charter boats to go between islands, but the cost is high. It's even possible to take the weekly mail boat between Nassau and other islands. This is the most inexpensive way to go, rarely takes more than 24 hours, and the conversation can be fun. But the decks may be crowded with freight, and there are no tourist comforts. Also, schedules are irregular.

Getting around: cars, bikes, and scooters

Car rentals can cost from $18 to $20 a day plus gas in the Bahamas, and on some of the Out Islands you may wonder what you're paying for. The roads aren't the best, so your rented Chevy—already a few years old—may be a bit rattly. Still, when you're staying at a remote hotel, it's fun to spend at least one day exploring afar. Rental cars in Nassau and on Grand Bahama are in better shape and cost from $18 to $24 a day.

You also can rent motor scooters in a number of places—typically, for $10 a day. Bikes cost about $2. Some hotels also provide golf carts at about $5; some are free. Golf carts are frequently used for touring.

Wherever you rent—and whatever—remember to stay on the left side of the road. Incidentally, your home state's driver's license is valid here.

Currency, clothing, and food

The U.S. dollar is currently at par with the Bahamian dollar. There's no restriction on how many dollars you can bring into the country. If you're going to an Out Island or staying at a small hotel, it's a good idea to take lots of traveler's checks. You may have a difficult time with credit cards.

Clothing is informal during the daytime in the Bahamas, but be prepared to dress up a bit in the evening. Except at a few remote resorts, men should wear jackets and ties; women, dresses or pants suits, and possibly a floor-length dress for fancier resorts. Bikinis are for the beaches, not for on the streets.

Most hotels offer a variety of international dishes, but don't miss the local fare. Conch is a staple—in salad, chowder, or cooked on its own. Try grouper or Bahamian lobster. The fresh fruits are superb, as are local rum desserts. And be sure to order peas-and-rice. It's a delicious dish and every chef worth his salt has his own recipe.

For information useful in planning a visit to any of the islands, you can write to the Bahama Islands Tourist Office, 30 Rockefeller Plaza, Room 51, New York, New York 10020. ■

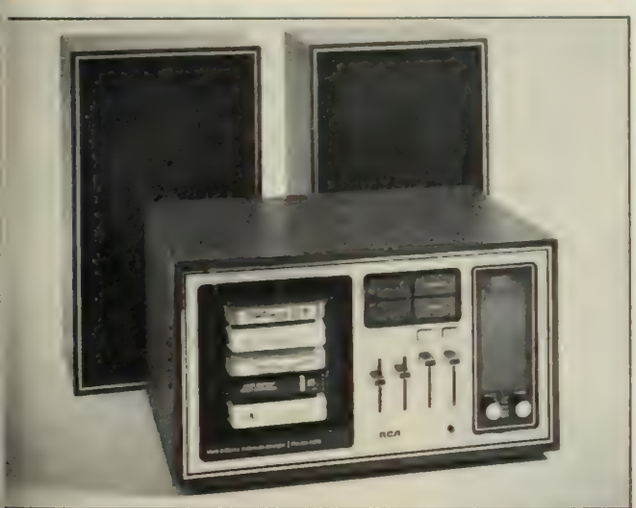
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GOOD NEWS



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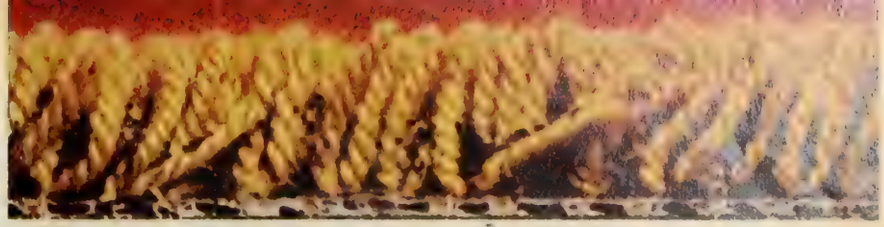


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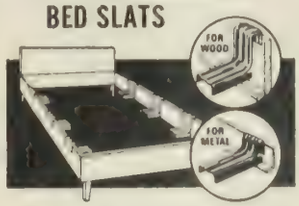
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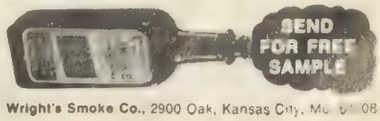
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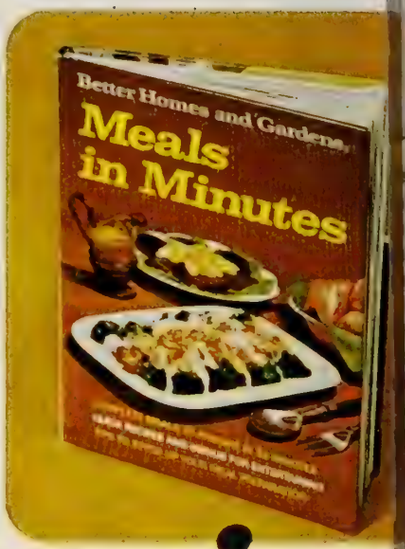
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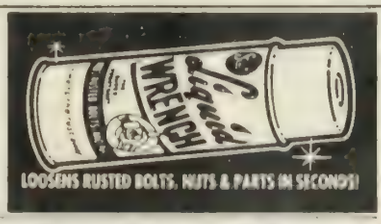


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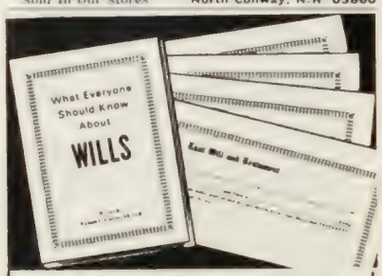
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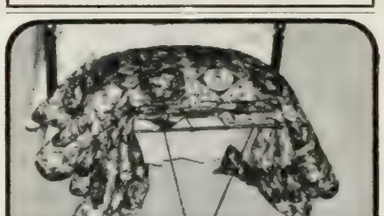
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By Nina Doreson



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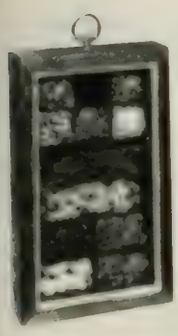
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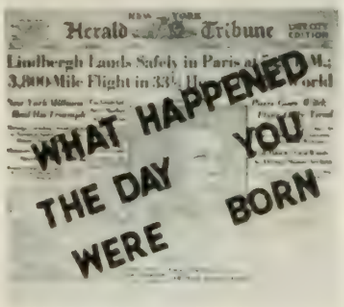
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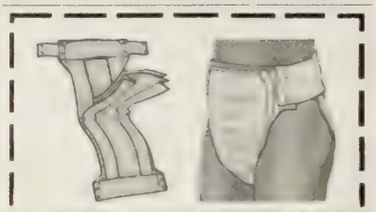
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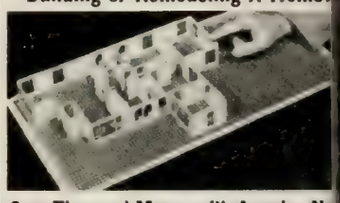
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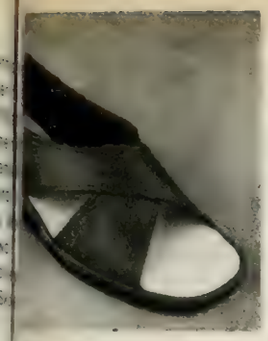
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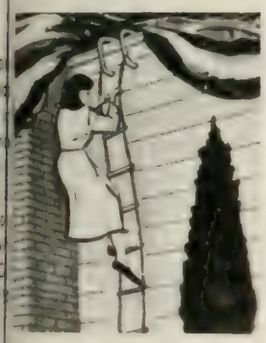
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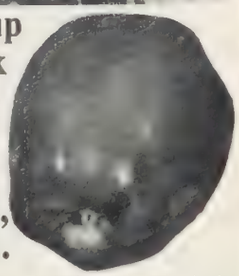
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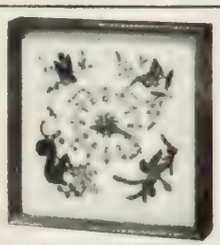


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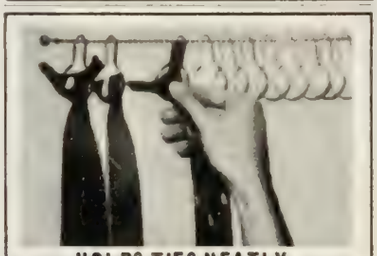


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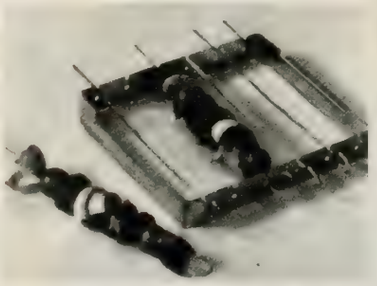
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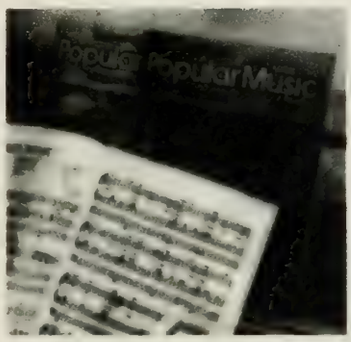
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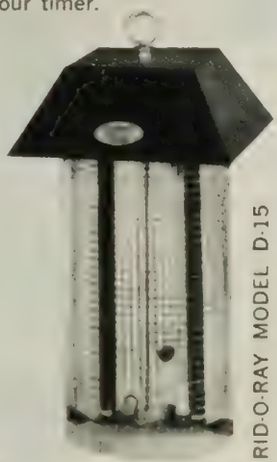
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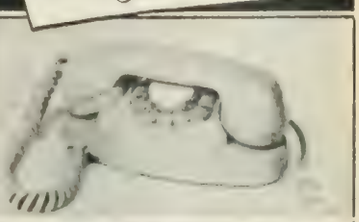


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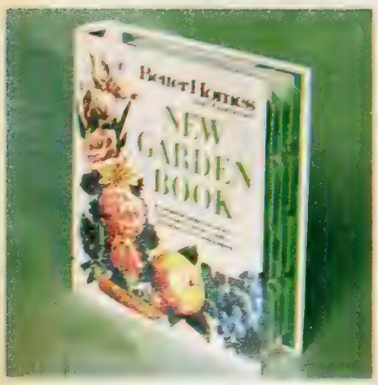
Home Improvement Ideas
Contains hundreds of helpful, low-cost ideas for improving your home! Hundreds of pages in full color. Learn the basics of remodeling. Discover build-it-yourself projects and additions. Find out where and how to get financing.
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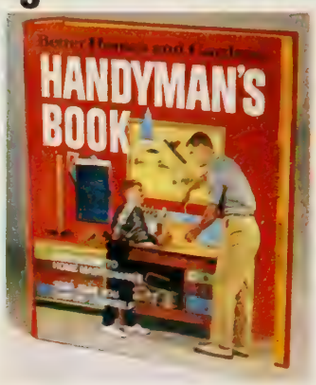
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This handy Better Homes and Gardens book includes 19 informative packed chapters, over 400 pages, 775 pictures (330 of them in color) and a luxurious hardbound, washable cover. Special features include: up-to-date charts on growth rates of trees and shrubs; sections on plants that require special soil and climate conditions; hundreds of how-to hints on gardening and landscaping; complete information on pruning, fertilizers, insects, weeds, and much more.
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Heavy-duty electric paint actually takes off up to 1 of old paint right down bare wood grain. Elimina fire hazard of using a blo Use it indoors or out curved or irregular surfa parts factory replaceable charge. $13.98 + $1.0 Larch, Dept. BH7, Box 770 Sq. Sta., N.Y.C. 10036.



Crystal candleholders

These genuine lead crystal holders add an elegant t any table. Designed like a ture chandelier with si catching prisms (2½" They stand 4½" high, an diameter. Imported from Ge $10.95 each; set of two: Plus 75c postage. Orde Holiday Gifts, Dept. 407-P Ridge, Colorado 80033.



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Safety lock secures the door in your home—your aluminum patio door. Holds position, allows ventilatio pets come and go, keeps c in and intruders out. Loc fully closed at night for s Heavy gauge alum. with $2.95 + 25c post. West-Be terprises, BH-7, P. O. Box Colorado Springs, Colo. 80

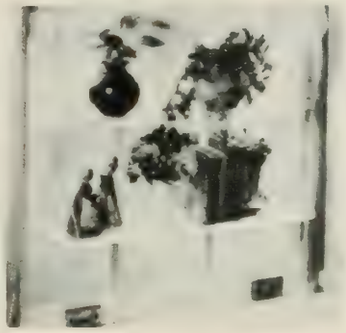
ery curtains

the country touch to your e with these curtains made of hrunk, bleached white muslin. r are trimmed with fluffy balls nowy white ball fringe for ed good looks. Washable. 74" per pair. 45", 54", 63" or long: $8.50 pair. 81" or 90" : $10.00 pair. Plus $1.50 . Country Curtains, Dept. i-7, Stockbridge, Mass. 01262.



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se plants get all the sunshine need. You'll get a magnificent low display. Scrolled white al bracket holds two 22" x 4" r plastic shelves. Hooks over low. Won't stop opening or ing of window. Order OOFW. $4.98 ea.; 2 for $9.25; for $15.98. Plus $1.50 post. order. Hanover House, Dept. 51, Hanover, Pa. 17331.

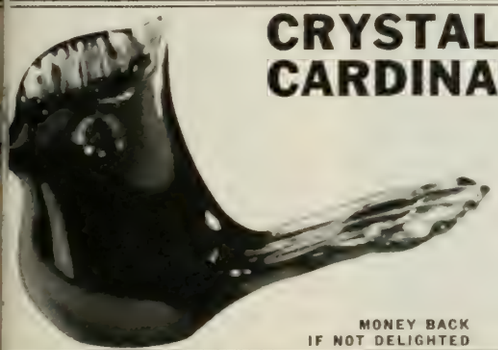


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'll enjoy reading about the derful world of automobiles 1895-1930. See hand- ked engines, dusters and gog- . An authentic chapter from erican history. A reproduction are old catalogs, cartoons, ad- isements, annuals and humor. 95 ppd. West-Berg Ent., Dept. 7, P. O. Box 4749, Colorado ings, Colo. 80930.



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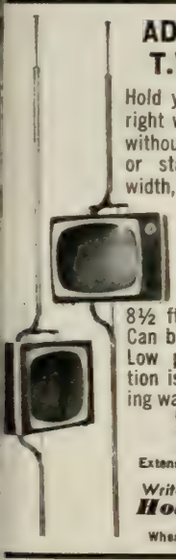
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Currier & Ives Lithograph!

Exquisite New Discovery "The Village Blacksmith" Free When You Purchase the Four Seasons for only $1

In 1868, when these four matching "Four Seasons" lithographs were first issued by Currier & Ives, Your great, great grandmother flipped! Thousands rushed to buy them, hung them proudly on their walls, admired them as the best "contemporary" art of the day! Today, the few originals that have survived a century of use have become prized antiques, greatly valued both for the charm of their art style, and for their authentic depiction of a way of life that has vanished into the mists of time.

If you are lucky enough to find an original Currier & Ives you can expect to pay hundreds of dollars! And you might haunt antique shops and search for years without finding this complete matched set of Spring-Summer-Fall-Winter series. Now we've found these beautiful lithographed reproductions and because we want you as a customer for our other fine art lithograph sets we're practically giving them away . . . only 25c each print. Set of four ONE dollar, and we've included our new rare find "THE VILLAGE BLACKSMITH" free. (It's so astonishingly low, it's less than great, great grandmother paid in 1868, when a dollar was really a dollar!

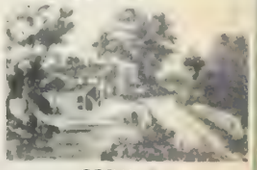
In full color, each print 12" x 9", ready to frame. Group them into a conversation piece setting along one wall, or space them in sequence along that hall or entry way. You'll be literally amazed at how much these beautiful and charming prints add to your decor. They're such exact copies they actually have that "antique" look. Only an expert could tell.

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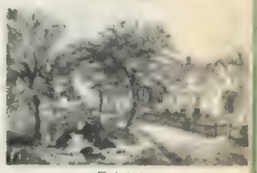
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Please send me the set of four 12" x 9" Currier & Ives color reproductions "American Homestead" (Spring, Summer, Fall, Winter) at your fantastic price of only $1 per set. Also include my FREE lithograph, "The Village Blacksmith". Amount enclosed $ . . . . . check or money order. Add 25c to partially cover postage and handling.

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City . . . . . State . . . . Zip . . . . . .

☐ SAVE! Special Offer: Order 3 complete sets of all four lithographs Plus 3 FREE "Village Blacksmiths" for only $2 plus 25c postage and handling.

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Any initial, American Flag, Pine, Rose, Maple, Gull, Palette, Saguaro, Palm. (Also available are Texas Flag, Roadrunner, and Treble Clef.) Up to 20 letters per line, 4 lines. Printed in black on white or gold gummed labels 1½x½". Packed in neat plastic box. 500 on white or 250 on gold for $2 ppd. Or on DELUXE size, 1¾" long, $3 with design or $2 without, ppd. Specify Initial or Design desired. Via air, add 33¢ per order. 80-page Useful Gifts Catalog, 25¢. **Bruce Bolind, 157 Bolind Bldg., Boulder, Colo. 80302.** Thank you kindly!

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Here's a handsome, personalized gift to work in needlepoint. Shown here as a plaque, it could also be used as a pillow top or framed picture. Kit includes design handpainted on white mono canvas, Persian yarns to work brightly colored design and rich green background, needle and instructions, including directions for working the subject's name, 10″ x 10″ design on 14″ x 14″ canvas. Only **$15.95** plus $1 pstg. Other career plaques available at the same price: Doctor, Dentist, Accountant, Stockbroker, Teacher, Pharmacist, Architect, Insurance Man.

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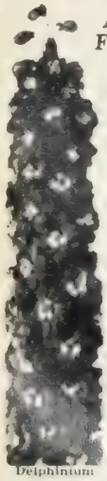
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— NO DIGGING UP FLOORS —

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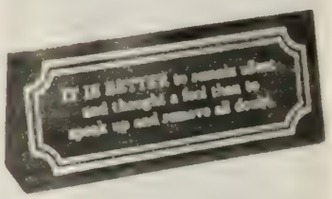
Crystal hurricanes

Made of old-fashioned wavy gla these large lamps reflect the li around them and add a decorat touch. Made in two pieces for e washing. 1¾″ high overall. $8. pair postage paid. 6″ ivory c dles: 50c pair; 90c/4 ppd. 1,0 item catalog free with order, o erwise, 25c. Sturbridge Yank Workshop, BHG Brimfield Tp Sturbridge, Mass. 01566.



For safety in the bathtub

Sturdy tub seat brings safety a comfort. Great for foot bath shampoos, sit-down showe bathing the kids. Sturdy gri help convalescents and elde people get in and out of t White enameled metal; non-sl rubber feet. Choice of 3 positio 11″ x 16″ x 20″. $9.95 pp Walter Drake, BH23, Drake Bld Colorado Springs, Colo. 80940.



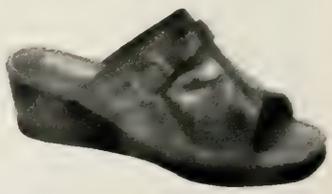
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There's so much wisdom in su a small space. This clever mark conveys the message. Made solid oil-rubbed walnut engrav in silver lettering. 24-kt. gold b der highlights the wording. 4½ x 2″. $1.45 each, 3 for $3.95. Pl 55c post. Order style PF10 Spe Engineering, Inc., 3009 Spe Building, Colorado Springs, Col 80933.



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Here's a duplicate of one of Ame ica's favorite candies to we around your neck. With that f mous tag of no-tear paper, it delight all who see it. Looks s authentic—really adorable! Wit matching 24″ sterling silverplate chain. A great accessory; a perfe gift. $4.00 ppd. The Crackerbarr Dept. BHG, 61 Cabot St., We Babylon, N. Y. 11704.



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It's so good-looking, it's hard t believe it's so comfortable! Goe perfectly with all your fashions. creme, black, blue, red or whit kid. Size AAAA, 6-12; AAA, 5½-12 AA, 5-12; A, 5-12; B, 3-12; C, 4-11 D, 5-10. $20.00 plus $1.00 pos Sizes over 10, add $1. Send fo free catalog. Naturalizer Shoes 238 Yorktown Shopping Cente Lombard, Illinois 60148.



To toast the newlyweds

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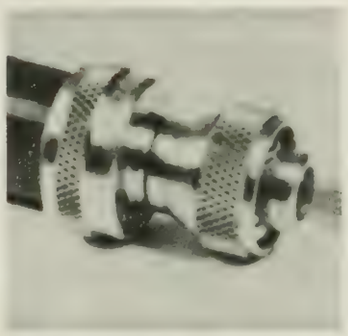
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ct for guest room, this late el telephone is ready to use a regular cord and plug. A derful gift for your teenager. t run to answer the phone. In , ivory, green, beige, pink, blue or yellow. $23.95 plus 0 postage. Send for free cata- f decorator telephones. Grand , Inc., Dept. BH7, 324 Fifth New York, N.Y. 10001.



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stal tree

e's an ideal centerpiece for occasion with artificial flow- on the party table, Christmas orations, candles and other dies. Holds hors d'oeuvres, dy, or jewelry. Tree stands 10" n and is made of sparkling ir polystyrene. A great con- sation piece. $2.98 plus 75c t. Holiday Gifts, Dept. 407-H, eat Ridge, Colo. 80033.





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The man next door®

Grumpy Ned Carter finally found something good to say about the postal service. He says it's the only organization that has ever succeeded in breaking up chain letters.

"My place of business is an equal opportunity employer," Bill Norman virtuously declares. "I employ just as many people as I do computers."

Pretty Elaine Cowan thinks of herself as a real pioneer, setting out every weekend and exploring a strange new supermarket.

"Sitting in a smoke-filled room," agrees Dr. Bob Hannelly, "isn't good for your health. And to add to the danger, it may get you nominated to a political office."

Burt Jr.'s baseball team is having something less than a successful season. Making it even worse is not knowing whether to blame the continued losses on poor hitting or bad newspaper publicity.

Aunt Opal called last week to report that she's suffering from "costrophobia," an ailment she defines as the continual fear of rising prices.

Valenzo's Footwear at the neighborhood shopping center reports a big spurt in the sale of hiking boots, especially since the public came to realize that it could wear the boots without really being expected to do any hiking.

Rosemary returned from college at about the same time that the latest telephone bill arrived, prompting an inconclusive debate on whether the right of free speech extended to the privilege of making so many collect calls.

The Rev. George Hall reports considerable progress in his campaign to prevent outside use of the church parking lot. Largely responsible, he declares, is his new warning tag which says: "No parking in the church lot without permission. Violators will be immersed!"

Christine notes that fur coats are to make a comeback this fall, as many women forget about the ecological implications of killing certain animals. But the news worries neighbor Steve Belton, who fears that husbands once again may become an endangered species.



"Ask your boss how he liked the vodka soup and bourbon casserole."



"I said, 'I think you'll find this is a pretty exciting place to work.' "

Our local congressman warns that we shouldn't expect Washington to solve all our problems. And, in return, he promises to do all he can to discourage the politicians there from creating a lot of new ones.

The Hillis household, I'm afraid, soon may be forced to join the ranks of the three-car families. Two cars for transportation and one on standby in case of a factory recall.

The editor of our local newspaper writes that he's finally come upon a satisfactory definition of a "moderate." It's a politician who can make friends left and right.

History tells us of various times when people used trees or even rocks along the trail as a place to leave messages for one another. At our house this function is served by the refrigerator.

Over the years we have experimented with fancy cork bulletin boards, but they were eventually taken down when nobody paid any attention to them. Experience has taught us that when we want to know what's going on around our house, the first place to check is the refrigerator door.

Thanks to those little magnets that look like ladybugs (or vegetables or astrological signs), any scrap of news can be attached to the avocado-tinted enamel and is guaranteed maximum readership. That's where I discover, for example, what's new in pop posters, report cards—or cartoons (usually anti-Daddy) that my family regard as humorous. The refrigerator door also tells me what I can nibble and what I can't (because it's for the cat, dog, or company).

Sometimes, when I come home to an empty house in the afternoon, the refrigerator gives me up-to-date bulletins as to where everybody is and what they're doing.

Incredible as it seems, our refrigerator has become not only a dispenser of food and cold drinks, but a fund of information, entertainment, and the recorded history of the Hillis household.

Burton Hillis

August 1973 • 50¢

Better Homes and Gardens.

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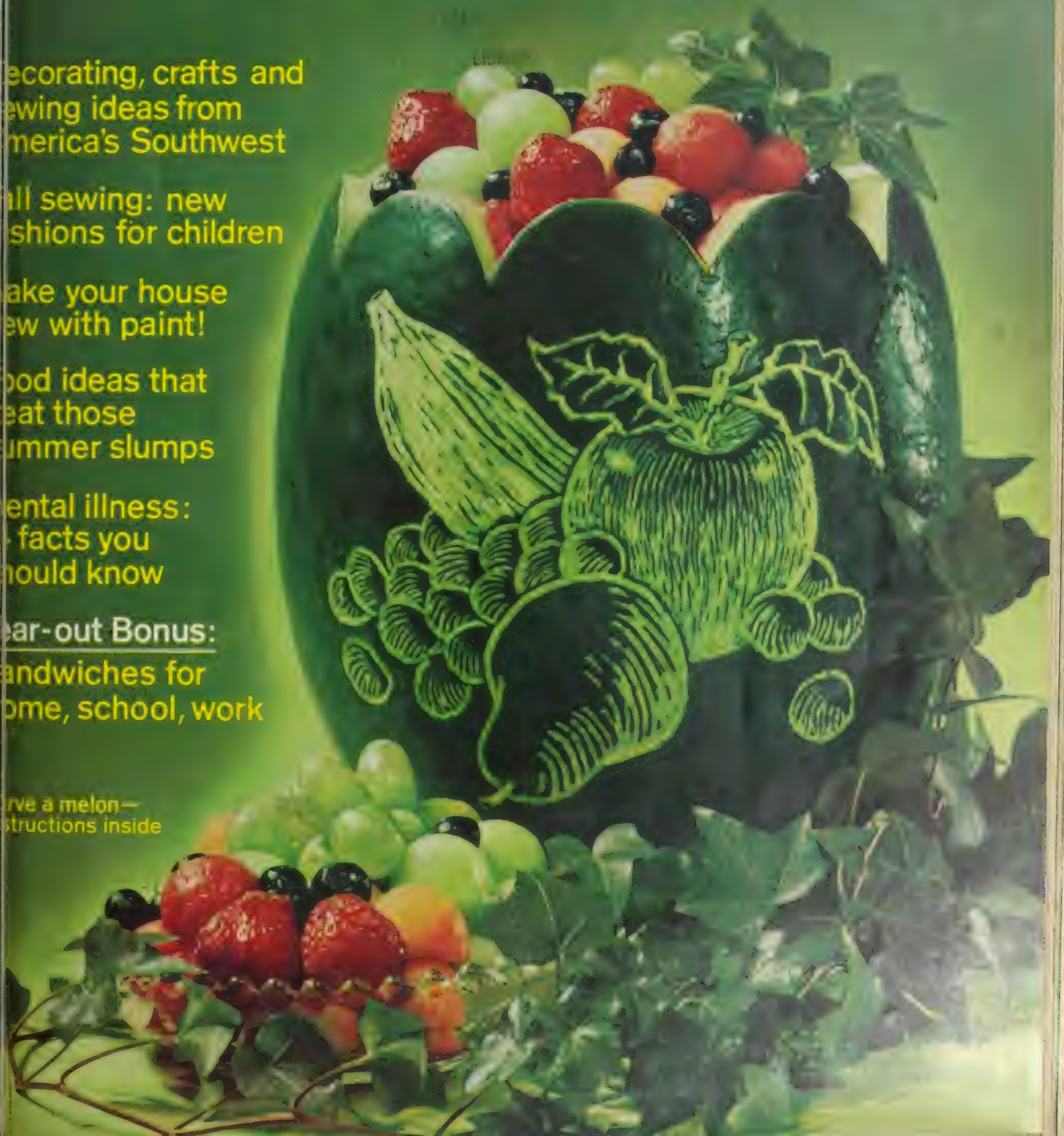
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hould know

ear-out Bonus:
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rve a melon—
tructions inside



Just try sitting like this in your pants.

If they bunch, bind or bag, then you should try our pants. Pants That Fit. They're trim without being tight. So you can scrunch up. But they won't. Thanks to Perma-Prest fabric of polyester doubleknit.

Our Pants That Fit come in misses sizes 8 to 18.

And we have tops that really show their stripes, too.

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PANTS THAT FIT



The Amateur's Guide to Love.

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Everybody knows there re lots of kinds of love.

If you're a dog, love omes in cans, cellophane ags, sacks and boxes.

Because, if you're a dog, ood is love.

What nobody ever told ou (or your dog) is there's lot of difference between ll those different kinds of ood.

We think you ought to know the facts of ife. And love.

Love In Cans.

Of all canned dog foods, the most expen- ive is 95% meat and meat by-products.

Expensive canned dog foods "without a peck of cereal" sound good to you. But hey may not be so good for your dog. Be- ause most of them contain a lot of fat. And eeding your dog a lot of fat at every meal an be as bad for his health as it could be or yours.

What about the cheaper canned dog oods, that are only part meat or meat by- roducts? The fact is, they're mostly water. 5% water with a can around it that ou have to pay for and lug home.

Love In Cellophane Bags.

ıe dog food that looks "just ik amburger" is that way for a e n. If it looks appetizing to le, maybe people will think ppetizing to a dog.

may very well be. But not because of the look. It takes p to 30% water, preservatives and other expensive ingredients to achieve the look that costs you more.

Love In Sacks and Boxes.

More often than anything else, the dog food vets recommend is dry dog food.

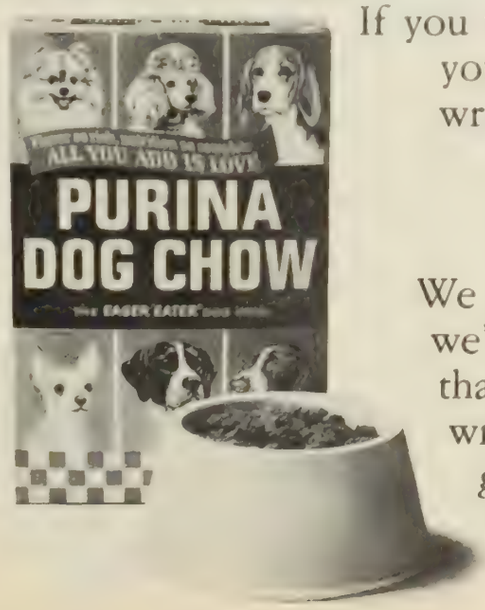
And the one they usually suggest is a sack or box of Purina® Dog Chow.®

Professionals know that Dog Chow contains protein; in fact, nearly 75% more protein, pound for pound, than the leading canned meat product does. And it contains more kinds of protein than just meat or meat by-products can provide.

If you read the ingredients on a box or sack of Dog Chow, you'll see that one of the reasons it's low in cost is because you don't pay for water.

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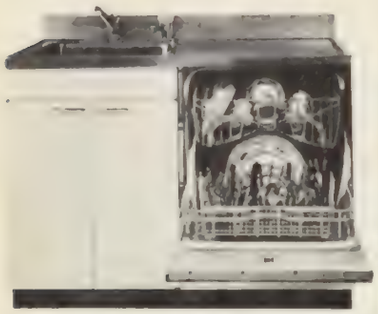
If you want to know more about your dog, or about dog food, write:

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Better Homes and Gardens®

THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES — AUGUST, 1973; VOL. 51, NO

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TAKE THE SPRAY THAT DOES IT ALL. LYSOL.



Driving: when you get off the good roads

Often the memorable aspects of a vacation include just getting there—especially if you're going somewhere that involves driving on unpaved roads. If you're heading for a remote national parkland, for instance, or one of the end-of-the-road wilderness destinations in Canada that are described in another article in this issue, you'll have to keep driving after the concrete quits—a prospect that might give you pause. But despite what you've heard about the wilderness and the backcountry, most roads are gravel and can hardly be described as primitive. Even on the really bad roads (and there are some) you'll do fine if you're prepared.

Before you leave home

Take the time to have your car thoroughly inspected. If any replaceable part is in questionable condition, replace it. Your pre-trip preparations should include flushing and refilling the cooling system, examining the belts for wear and adjustment, checking the thermostat and radiator cap for proper type and operation, and inspecting the radiator and heater hoses for leaks or deterioration. Don't neglect lubrication; have the oil and oil filter changed and buy some extra cans of oil to take along. Be sure the car's fuel and ignition systems are in top operating condition. Check your tires carefully for signs of wear and tread or sidewall damage—the old set may be all right for town driving but not for off-the-pavement bumps and stress. Brakes, too, should be tested for leaks in the lines and cylinders. Have the self-adjusters examined when the drums are off for a lining check. Make a visual check of all lights.

If you will be towing a trailer, go over it and the hitch. A recreational vehicle dealer can advise you of any special equipment you'll need.

A phone call to your insurance agent will verify your auto coverage. A Canadian trip may mean additional coverage—safety responsibility laws in British Columbia, Manitoba, Ontario, and the Yukon require evidence of ability to pay up to $50,000. Elsewhere the upper level is $35,000. In all but the first three of these provinces, and Alberta, you must carry a "yellow card" (Canadian Non-Resident Interprovince Motor Vehicle Liability Insurance Card), obtainable from your insurance agent, which certifies that you have sufficient coverage. If you're underinsured, an accident could result in the impoundment of your car or in the loss of your license plates or driving privileges.

Knowing precisely where you're going and exactly how you'll get there is another very important part of preparation. Study road and topographical maps of the area you intend to visit or traverse (write for these in advance to the U.S. Forest Service or equivalent government agency in Canada). Become familiar with natural landmarks, towns and villages, fire towers, logging camps—in short, any place or thing that will indicate where you are if you get lost, or where you'll be able to summon aid. Estimate your gasoline mileage on the downside and try to pinpoint your fuel stops accordingly. With topographical maps you'll get a feel for the terrain you'll be going over.

Equipment to take along

Long trips off the beaten track require carrying along some equipment you wouldn't normally have in your car. Even though backcountry roads can seem quite lonely in an emergency, you're sure to be not more than a few hours from *some*where, and either another vacationer or a local resident will come along in a bit to help. But if you're well equipped you can get on your way again much faster—and feel a lot more comfortable in an emergency situation. Here are some of the tools that might come in handy:

- Flashlight and extra batteries
- Spare sealed beam (headlight) unit, with other extra bulbs, and fuses
- Spare fan belt
- Tune-up kit with breaker points, condenser, and rotor.
- Accessible chemical fire extinguisher
- Towing cable or very heavy rope
- Collapsible G.I.-type shovel
- Set of tire chains (if you're going where snow may be anticipated, as in mountains)
- Extra spare tire on rim, if you have room
- Five-gallon can of gasoline (if you can fasten it on your luggage rack or in the trailer—don't put it in the trunk)
- Cooler or jug of drinking water
- First-aid kit with fresh supplies
- Array of tools, to include: a jack and lug wrench that *fits* your car, both blade and Phillips screwdrivers, a regular pair of pliers and one of the C-clamp type, a pocketknife, a set of combination box and open-end wrenches (sizes ¼, ½, 9/16, ¾ inch), a roll of friction tape, and a hydraulic jack if you're towing a trailer
- Waterproof container of kitchen matches

A local weather report will tell you about the likelihood of showers or snowfall that might impede your progress. Of course, you'll have the maps you obtained earlier, noting distances, directions, road names, and numbers, marked so that a passenger can do the navigating.

Driving techniques

Driving on gravel is quite a bit different from driving on paved roads. First, plan to drive more slowly, since traction is less and hitting chuckholes and ruts at faster speeds will increase the wear on your car's suspension system, not to mention the tires. Those little furrows of gravel can be a nuisance, and even dangerous. Don't panic if you hit a gravel windrow; just grasp the wheel firmly. The gravel will turn the wheel, but don't try to make a quick correction; just allow it to climb the gravel. This will help slow you down. Then, brake slightly and ease the wheel back down. Keep going at a slower speed.

By far the most damaging aspect of gravel travel is rocks thrown up by passing cars and trucks. A pair of headlight guards purchased before you leave will save your sealed beams, but there is little you can do to protect the windshield except to reduce speed and stay well over to the right of oncoming vehicles. Dust, too, can be harmful to your car's operation, so remember to grab the air hose at a service station every time you stop for gas and blow the dust out of the engine compartment.

Many unpaved roads are only one lane or a lane and a half wide, and passing oncoming vehicles can be a problem. There are, however, turnouts or wide spots placed for each line of sight—courtesy requires the car with the turnout on his *right* to yield the right-of-way. It's also courteous to turn out when someone behind wants to travel faster than you.

Mudholes, rocks on the road, and stream fordings are tricky spots that should be scouted on foot before you commit the car to them. Make sure that there is a place

continued



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A newborn spends so little time in his mother's arms. And so much time in diapers.

So 1,694 hospitals use Pampers.

Even before he was born—when he was an "elbow" or a "kick" in your tummy—your baby made you feel all sorts of loving, giddy feelings.

Now that he's born, you're dying to give him a tiny squeeze. But he can't be in your arms all the time you want. Because so much of the time he's in the hospital's hands. So the hospital does lots of little things to make a baby feel loved, wanted, and comfortable, too.

One of the things is Pampers.® Pampers aren't a diaper you wash, so they're always fresh and clean.

Pampers are diaper and pants in one, so your baby doesn't need plastic pants. There's nothing to bind or chafe his tiny thighs or bottom.

Pampers are waterproof outside, so they help keep your baby's clothes and crib dry. (This is a great help to the hospital and it will be to you, too.)

Pampers has a Stay-Dry lining. Moisture goes through it and is absorbed below—away from your baby's tender skin. His little bottom stays drier. He stays more comfortable.

No wonder so many hospitals think Pampers are the best all-around way to diaper babies.

After you use them, you'll think of Pampers as a little bit of love you can wrap your baby in—when he's not in your arms.



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Lo Back™

STRATFORD COMPANY/666 North Lake Shore Drive/Chicago, Illinois 60611

continued

Driving

wide enough to turn aroun
yond the hazard before pro
ing, so that you won't ha
back through it later if yo
into an impassable blockad
guidance when clearance is
tionable, post a passenger o
in a spot where he can see c
beneath the car. To get
traction over mudholes
short, abrupt rises, move th
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creasing the weight over th
wheels. You can gain more
ance over obstructions by h
everyone get out of the c
you do get stuck, you m
able to "rock" the car out
forward and reverse gears.
ond gear is much better tha
for this because it is less lik
spin the wheels.

Engine overheating ca
avoided on steep stretches i
make the climb in the lowes
possible for the speed yo
traveling. If you stop in the
dle of a long climb, give th
gine a chance to cool befo
starting it, or leave it runnin
overheated engine should b
alone until it has had a cha
cool—*never* remove the ra
cap. And don't pour cold
onto a hot engine or int
radiator, because you'll pro
crack the block.

Overheated brakes ca
avoided by following an
truckers' rule: descend a h
the same gear you would u
come up it, letting engine
pression do some braking.

In case of an accident or b
down, be sure to set up a di
signal at once. In additio
raising the hood, turn on the
ard lights and attach a
handkerchief to the door h
on the driver's side of the ca

Wildlife can present an
hazard, especially deer.
often you'll see them on the
or highway at night; attracte
the strong and steady ligh
your headlamps, they'll stop
in their tracks to stare. If
round a curve and find a
herd straddling the road, a
the brakes as hard as safety
allow, to lessen any inevi
impact. But if there's time,
your headlights from low to
beam and back again rapidly
ting the horn in short sta
bursts. This should disperse
herd, but you'll still need
skill to avoid a collision as
scatter. There is another res
of the North Country that do
scare quite so easily and t
the moose. Should you enco
an antlered bull, stop and let
go his way, for he can
short work of a car's
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If Colgate is just a kid's cavity fighter, how come Walt Frazier won't brush with anything else?



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If you like people, be sure you brush with Colgate. Walt Frazier wouldn't think of brushin with anything else.



Colgate with MFP... the breath-freshenin cavity fighter.

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ow to
irve and
epare the
atermelon
n our cover

guests will be impressed your artistry when they view handsomely carved Fresh Melon Compote. An art used to cut paper is all you to carve our spectacular t dessert. With the instruc- below and a little time, you e-create this design or make of your own, perhaps to suit rty theme. The compote in- is super-simple—pour white e juice, orange marmalade, range liqueur over summer's est fresh fruits: strawberries, es. and melon.

Photographs: Hopkins



sing a soft lead pencil, draw sign on the watermelon rind. tch in the design with a blade 5- to ⅛-inch wide, being care- o remove only the green mel- kin. Do not pierce the white . To give the design the illu- of depth, very carefully tch in lines that follow the tour of each object i.e., make ved lines inside the outline of apple, grape, pear, banana.



ESH FRUIT MELON COMPOTE

efully cut a slice off the bot- of the melon after you carve o it will sit flat—

p white grape juice
cup orange marmalade
cup orange liqueur
rge oblong watermelon
nt whole strawberries, hulled
2 cups seedless green grapes
2 cups honeydew melon balls
2 cups cantaloupe balls
1 cup blueberries

Combine grape juice, marmalade, and liqueur. Cut top of watermelon using scallop pattern; remove top. Scoop out melon pulp with melon ball cutter, making melon balls. Combine 2 cups of the watermelon balls (use remaining watermelon balls for a salad or dessert, later), and other fruits with grape juice mixture; stir gently. Chill 1 to 2 hours, stirring once or twice. Place fruit with juices in carved melon. Serve in sherbets. Makes 10 to 12 servings.

Hotpoint's refrigerator gives you a lot of food space without taking up a lot of floor space.



Model CTF21EP

We call it the Hotpoint Big One. And the amazing thing about it is that it gives you so much usable space on the inside without taking up all that much space on the outside.

It actually packs 20.8 cubic feet of storage area into only 30½ inches of width.

The fresh food section is a family-sized 13.85 cubic feet. On top of that, there's a large 6.94 cubic foot freezer. (It'll hold up to 242 pounds of frozen food, more than some chest freezers.)

There are a lot of other features you'll like about this Hotpoint giant capacity refrigerator, too. It's no-frost throughout, so you never have any messy defrosting to do.

And it offers you more flexibility than you ever had before. There are four adjustable shelves in the fresh food section, plus two removable freezer shelves. There are also adjustable Easy-Stor shelves on both refrigerator and freezer doors that you can lift off for easy cleaning, or carry to a work surface.

The Hotpoint Big One has a large covered dairy compartment, adjustable meat keeper and twin slide-out crispers for vegetables and fruit. It's also equipped for an optional automatic icemaker, available at extra cost. And The Big One rolls out on wheels for easy cleaning under it.

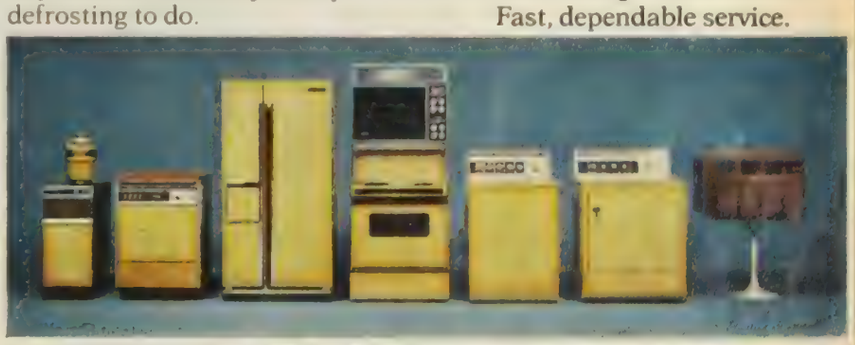
Hotpoint's Big One. It's a lot of refrigerator. And it's only one of an entire line of Hotpoint refrigerators—all built for a life of dependable performance.

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CONCERNED CONSUMER
SALLY R. CAMPBELL
Contributing Editor

Fabric labels: new guides for clothes care

In shopping for clothes and apparel fabrics recently, you may have noticed that most have new labels attached telling you how to take the right care of the material. This information is the result of a Federal Trade Commission (FTC) regulation that requires such labeling on most apparel and fabrics that have been finished after July 3, 1972.

The rule is designed to help you be more selective when you shop and more knowledgeable about taking care of what you buy. If you know what to look for and follow the instructions to the letter, you can get much more mileage from the clothes in your family—and save accordingly.

What do the labels show?

According to the FTC rule, labels must provide adequate instructions about such things as how to wash, iron, dry, and bleach, as well as whether or not the item should or can be dry-cleaned. The label also must warn if usual care methods *seem* to apply, but do not. For example, if a garment looks washable, but should be dry-cleaned, the label should warn against washing. For garments that may be dry-cleaned, but not tumbled, for example, the label must state: "Dry clean only; do not tumble."

The rule also requires that labels must stay attached and legible for the life of the item. Also, the care instructions must apply to all parts of the garment unless exceptions are indicated on the label for trims, linings, or other parts of the item. Garments which are packaged in such a way that the care label is hidden must carry the same information on the package or an accessible tag.

What items are covered?

The regulation applies to domestic and imported finished garments, as well as fabrics for apparel you make yourself. For piece goods, care information must be provided on a separate label which you can sew into the finished garments.

Fabrics intended for home decorating and furnishings are not covered by the regulation at present. Other items excluded are fur and leather products; headwear, hand wear, and footwear; apparel which requires no specific maintenance; disposable items; and articles which are granted exempt



status through special petition.

Exemptions have been granted by petition for completely washable items made to sell at retail for $3 or less. Most hosiery is exempt, but care information must accompany some sheer hosiery products and those that color bleed. Also exempt by special petition are garments that would be impaired in appearance or utility by permanently attached labels, such as sheer garments or reversible clothing. However, such items must be accompanied by care information.

Other categories of products may be covered by the ruling in a few months. Actually, some retailers already have gone beyond current labeling requirements by providing permanently attached care labels on a wide range of textile products, such as sheets, towels, table linens, and home furnishings fabrics and textile products.

How can you benefit?

There are a number of ways to take advantage of the new care information:

- Study and compare care requirements when you shop to make sure the garments and fabrics you buy will meet your expectations for performance, ease of care, and cost of upkeep. This may take time in the beginning, but you will soon learn what to look for.
- Follow care instructions to preserve and lengthen the useful life of the garments.
- Ask for care labels to sew into garments you make at home. Manufacturers are required to supply fabric retailers with labels.
- Complain to the retailer and manufacturer if recommended care damages the article or fails to keep it in proper condition. Put your complaint in writing, with full details about what you bought, when you bought it, how you took care of the apparel, and what went wrong. Keep a record of your complaint in case you must pursue it further.
- Report apparent violation of the care labeling rule to store managers, manufacturers, state and local consumer protection agencies, and the FTC office. If there isn't one in your area, write the FTC's national offices in Washington.
- Contact the FTC with suggestions and reasoning on other categories of products which you think require permanent care labels. Also send in ideas for improving the wording and general information given on labels.

In addition to issuing the care labeling regulation, the FTC has arranged an informal cooperative program with the American Apparel Manufacturers Association for sharing information and responding to consumer inquiries and complaints received by the FTC. For further information about the new fabric care label, and other such matters, write: American Apparel Manufacturers Association, Department B, 1611 North [illegible] Arlington, Virginia 22209. ■

essert, start with Jell-O.®

BRAND GELATIN

You can serve this dish in about an hour, so you can cool off any summer meal.



1. First prepare gelatin according to package directions. (For salads, add vinegar.) Then place the bowl of gelatin into a larger bowl containing at least two trays of ice and some water. Stir occasionally until the gelatin thickens—about 35 minutes (spoon drawn through gelatin leaves a definite impression).



2. Meanwhile, prepare 1½ cups melon balls or your favorite fruit (for salads, see below) and set aside. Then, remove a cup of the thickened gelatin. Pour the rest into a serving bowl or individual dishes and fold in your fruit.



3. Place the remaining cup of thickened gelatin back into the ice bath and whip for about two minutes—its volume should almost double. (For salads, stir mayonnaise until smooth; gently stir in whipped gelatin.)



4. Pour it over the thickened gelatin and fruit. Chill about 30 minutes. Garnish—and serve. Why not make a cool, summer salad or dessert for your family tonight? It's easy when you start with Jell-O Gelatin.

Ingredients
1 pkg. (6 oz.) Jell-O Lemon Gelatin
Makes 10-12 servings.

For Salads
1½ cups vegetables or melon or fruit
2 tablespoons vinegar
¼ cup mayonnaise

For Desserts
1½ cups melon or fruit (Also try peaches and strawberry gelatin, canned pineapple and lime gelatin and other great combinations.)

Start with Jell-O.

This recipe is part of a series. Tear it out and soon you'll have a great recipe collection.

Jell-O® is a registered trademark of the General Foods Corporation

Home care

starts with better do-it-yourself values at your local True Value Hardware Store, a member of America's largest independent hardware store network.



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This means direct factory-to-you savings on a wide selection of modern, quality-tested coatings. And it means you're served by a man who has a *special* interest in your satisfaction with Tru-Test Paints because his own "name" is on the label.

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Space-Maker. At-a-glance organizer for small parts; tools and tackle to sewing or household items. Steel frame has handsome baked-on finish. 25 drawers in 3 sizes.



7.49

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How much money should you put down on a house?

That depends upon a number of factors, such as how much cash you can pull together, how much you'll need for other things, what kind of financing you want.

Some lenders will let you put as little as five percent down, so you're borrowing 95 percent of the cost of the house. In that case, you should be aware that you'll pay extra right off the bat. Understandably, the lenders will want some added insurance to protect themselves against default, and it's reasonable to assume that they'll charge you for the cost of that protection.

Even with an FHA- or VA-insured loan, you may end up paying the equivalent of extra "points"—which means dollars figured as a percentage of the total loan—when you sign.

On the other hand, a larger down payment means a smaller loan, and sometimes you can bargain for a better deal when you offer a larger amount in cash. But do you want to use up your cash that way?

The key question is how much you might make on the down payment money some other way. Is it better to use your cash for the house, so you're building equity faster and paying off less per month, or in less time? Or will your cash earn you more if you put it in savings? (Other investments might bring a greater yield, but they're less certain. For your purposes, stick to the more solid promises of savings.)

One way to figure it is to take an example such as that shown on the charts that follow. There are several facts to keep in mind as you study the charts:

- The 5½ percent interest rate is typical today of savings and loan institutions, savings banks, and commercial banks (through long-term savings certificates). Many credit unions pay even more than 5½ percent per year.
- All savings rates may go up or down a bit depending upon state or federal regulations. By the same token, the 7½ percent mortgage rate in the examples below has been typical in recent days, but may be high or low in relation to rates in the future.
- Figures in the charts vary a bit, depending upon actual mortgage and savings rates. However, the principle of the following example holds true: There are definite long-term advantages when you make a larger down payment, even though you're using up cash to do so. Here's why:

Say the price of the house is $30,000, and the mortgage will run for 25 years at an annual rate of 7½ percent. You have $12,000 available for the down payment. Your budget will allow monthly payments (for interest and principal) of about $200.

Is it better to use the whole $12,000 as a down payment, have lower monthly payments, and put the difference into savings? Or is it better to go for a smaller down payment, and put the remainder of the nest egg into a savings plan?

Chart I shows the effect after ten years of a 25-year mortgage, which is about the average time most families remain in one house. Chart II shows the effect after 25 years—relatively rare for a single family, but it's possible.

Note: Figures are rounded off. Monthly payments include only interest and principal. Income tax considerations (deductibility of interest and taxes, and taxability of interest earned on savings) are not included. Savings plans are based on an interest rate of 5½ percent per annum, compounded quarterly.

Chart I, covering the status after ten years of the 25-year mortgage has elapsed, shows on line 3 that total interest expense on the ten percent down payment deal ($18,282) is more than $6,000 greater than the interest expense on the 40 percent down payment deal ($12,192). But which deal is better in the long run?

Let's assume that both the ten percent family and the 40 percent family have $12,000 available for down payment, and they both can afford about $200 per month in payments. They each decide to put all their money to work for them, banking whatever available funds that aren't applied on their house debt.

The ten percent family opts for a $3,000 down payment, leaving them with a $9,000 nest

continued on page 18

CHART 1

Price of house—$30,000. Mortgage to run for 25 years, at 7½ percent interest/year. **Actual time: 10 years.**

Down Payment							
% of price:	10%	15%	20%	25%	30%	35%	40%
$ amount:	$3,000	$4,500	$6,000	$7,500	$9,000	$10,000	$12,000
Starting mtg. balance:	$27,000	$25,500	$24,000	$22,500	$21,000	$19,500	$18,000
1. Your monthly payment:	$199.60	$188.50	$177.40	$166.30	$155.20	$144.20	$133.10
2. Total payments over 10 years	$23,952	$22,620	$21,288	$19,956	$18,624	$17,304	$15,972
3. Total interest over 10 years	$18,282	$17,265	$16,248	$15,231	$14,214	$13,209	$12,192
4. Principal balance still remaining after 10 years:	$21,330	$20,145	$18,960	$17,775	$16,590	$15,405	$14,220
5. Difference between original $12,000 and amount used for down payment:	$9,000	$7,500	$6,000	$4,500	$3,000	$1,500	-0-
6. In 10 years, this difference put in savings at 5½% would grow to:	$15,372	$12,810	$10,248	$7,686	$5,124	$2,562	-0-
7. Apparent cost after 10 years (line 2 less line 6):	$8,580	$9,810	$11,040	$12,270	$13,500	$14,742	$15,972
8. Difference between amount available for monthly payment ($199.60), and actual monthly payment:	-0-	$11.10	$22.20	$33.30	$44.40	$55.40	$66.50
9. In 10 years, this difference, put into savings at 5½% each month, would grow to:	-0-	$1,776	$3,552	$5,328	$7,104	$8,865	$10,641
10. Net out-of-pocket after 10 years (line 7 less line 9):	$8,580	$8,034	$7,488	$6,942	$6,396	$5,877	$5,331

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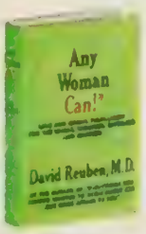
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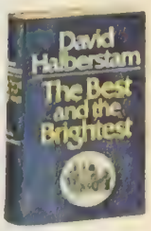
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How to buy a $40 save $410* i

Simple. Buy a Philco® Cold Guard refrigerator. Like the one below.

No, we don't hand you a check for $410 along with the refrigerator. But when you buy this Philco side-by-side (which costs around $400), you do get a refrigerator that can save you money. For one very simple reason: it uses less electricity.

In actual tests, the Philco 16.6 cubic foot models (like the one shown here) used 43% less electricity than one of the best-selling competitors in the same size category. Over the average life of a refrigerator (16 years), that would amount to a savings of $410 in electricity. (Against the other major competitor in the same size category, the projected savings were even greater.)

And that's just our 16.6 cubic foot models. Philco side-by-side refrigerators are available in different sizes—all the way up to 20.7 cubic foot capacity. Each size saved a different amount of electricity. Savings ranged from about ⅓ to over 50%. (See chart.)

Compare and Save*

Philco side-by-side refrigerator cost savings vs. major competitive models

Approximate cubic foot capacity of models compared	Philco-Ford electrical consumption savings (percentage)	Philco-Ford average lifetime savings in electricity (dollars) vs. major competitors
17	43%	$410
17	46%	$477
19	32%	$273
19	33%	$290
19	51%	$608
21	33%	$295
21	50%	$597

*Tests conducted in test rooms operated by Philco-Ford intended to simulate home usage under frequently encountered conditions and at the average rate of 5¢ per kilowatt hour. Test procedures were adapted from American National Standards Institute standard B38.1 section 6.7 with control setting at approach 0 (freezer) and 37 (refrigerator). Actual savings may vary based upon local electric rates, climatic conditions and individual usage. Complete test data available upon request.

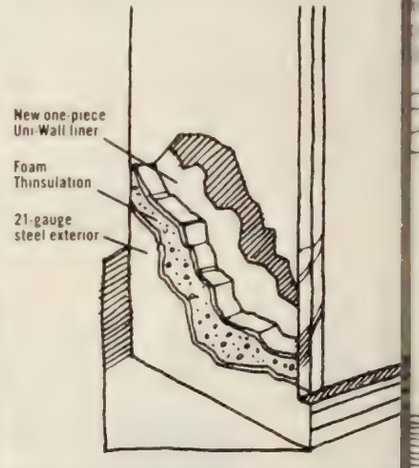


This Philco RT17B6 and the other new Cold Guard models save electricity.

Come on now...a refrigerato uses less electricity? No...it's no gi In fact, we think it's the most sign advance in refrigerator design in decade.

It's called Cold Guard design.

It begins with the refrigerator itself. One reason a Philco Cold refrigerator uses less electricity other side-by-sides tested is bec holds cold better. It stands to reas less cold that leaks out of a refrig the less the refrigerator will have to replace it. And the less a refrig runs, the less electricity it uses.



New three-layer construction lo cold.

A Philco refrigerator holds co ter because of another better idea kind of interior liner called a U liner. (It's such a good idea patented the manufacturing pr This Uni-Wall liner has two im advantages.

First, because it's made in one there are no seams through whic can escape. Second, because it's a another wall of insulation, cold pass through it as quickly as t metal walls. The Uni-Wall is mad same kind of tough material used football helmets, and there is no to chip.

Around this whole Uni-Wall in we've put a circle of insulation... of foam that's the most efficient tion we know how to make.

Finally, to guard the cold even Philco side-by-sides have Positiv Door Gaskets. Plus the extra strength of strong spring-loaded matic door closers—*top and bo* on both doors.

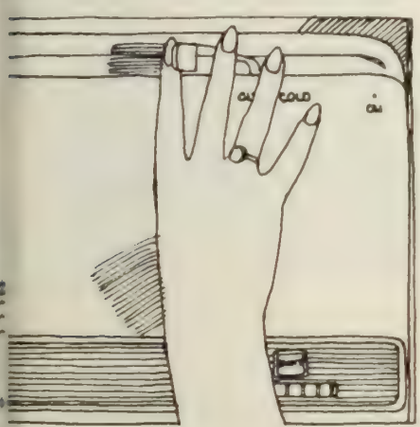
efrigerator and he bargain.

Holding cold better is only half the . The new Philco Cold Guard refrig- rs also save electricity because of high-efficiency design.

Many parts of the refrigerator have specifically designed to save elec- y. We even found a way to replace ric moisture removal devices with electric ones.

The result of all this? A refrigerator performs every bit as well as other gerators. But uses a lot less elec- y.

old Guard saves about ⅓ (or more) ectricity and still offers a lot of ter- features. In addition to all the basic ures like No-Frost, Philco side-by- offer a lot of other impressive things.

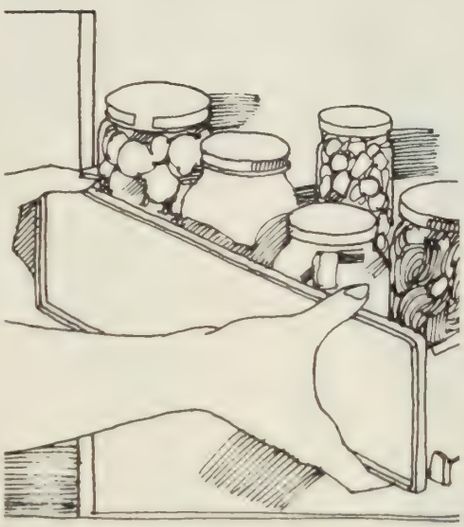


Quick-Cold feature. For turning m drinks into cold drinks faster.

Like a Quick-Cold feature that lets shoot reserve cold from the freezer ion into the refrigerator section never you need it. (Terrific when 've just come home from the super- ket with a bagful of warm groceries.) Not only that, Philco Cold Guard lels are designed to operate at 0° in freezer and 37° in the refrigerator to vide more nearly ideal temperatures ood preservation.

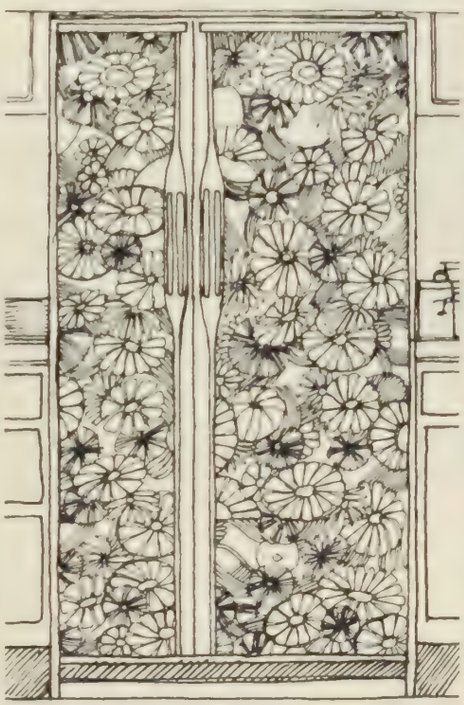
We also have an Air-Wrap Meat per that keeps meat longer than con- ional meat keepers, and converts to cond vegetable crisper at the flick of itch. (Except Model RT17B6.)

We have a flexible shelving system. cantilever shelves that are easy to st. And tempered glass shelves that easy to clean. And, on certain models, -Off Door Shelves that save time ling, adjusting and cleaning.



Adjustable Pick-Off Shelves can also be removed for easy cleaning and loading. Available on selected models.

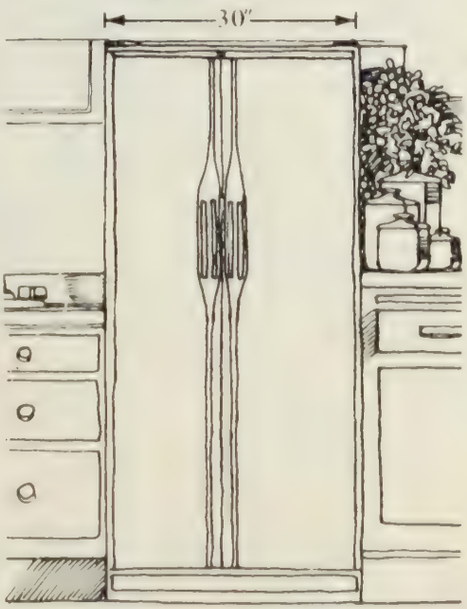
We have a handy removable egg trivet. A space-saving storage basket in the freezer. Plus a See-Thru Can Dispenser and Butter Keeper on some models.



It's easy to redecorate a Philco side-by-side...with changeable magnetic decorator door panels.

We didn't forget the outside, either. We made the Philco side-by-side nice to look at. With a choice of attractively styled cabinets in white, avocado, gold and shaded copper. And if you want to change the look, we have changeable magnetic decorator door fronts in eight great patterns. They're washable (and available on selected models).

You don't have to worry about space either. Our 16.6 and 18.5 cubic foot models are only 30" wide. And our big 20.7 cubic foot model is just 32¾" wide. A lot of storage space in a little wall space.



Our 16.6 and 18.5 cubic foot models are only 30" wide. A lot of storage space in a little wall space.

If you've read this far, you're probably in the market for a new refrigerator. And if you are, you owe it to yourself to do a little comparison shopping.

Which means looking at our competitors' refrigerators as well as ours to see who offers you the most. Not only in features. But in economy of operation.

When you compare, we think you'll probably want the new Philco Cold Guard refrigerator. After all, you can buy it today. And spend the next few years watching it help to pay for itself.

PHILCO Ford

One idea better.

begins on page 12

Down payment

egg (see line 5). The 40 percent family puts all $12,000 down, leaving them with no nest egg, but with payments of only $133.10, as compared with payments of $199.60 for the ten percent family. The 40 percent family decides to stash away the $66.50 difference in a savings account every month, while the ten percent family puts its $9,000 to work similarly, in a savings plan.

Over the first ten years, the ten percent family's $9,000 nest egg will have grown to $15,372 (line 6), giving them a net cash out-of-pocket reading of $8,580 (cash payments made, less balance in savings account).

During the same period, the 40 percent family's monthly savings will have reached a total of $10,641 (line 9), giving them a net cash out-of-pocket reading of $5,331.

CHART II

Price of house—$30,000. Mortgage to run for 25 years, at 7½ percent interest/year. Actual time: 25 years.

Down Payment							
% of price:	10%	15%	20%	25%	30%	35%	40%
$ amount:	$3,000	$4,500	$6,000	$7,500	$9,000	$10,500	$12,000
Starting mtg. balance:	$27,000	$25,500	$24,000	$22,500	$21,000	$19,500	$18,000
1. Your monthly payment:	$199.60	$188.50	$177.40	$166.30	$155.20	$144.20	$133.10
2. Total payments over 25 years	$59,880	$56,550	$53,220	$49,890	$46,560	$43,260	$39,930
3. Total interest over 25 years:	$32,880	$31,050	$29,220	$27,390	$25,560	$23,760	$21,930
4. Difference between original $12,000 and amount used for down payment	$9,000	$7,500	$6,000	$4,500	$3,000	$1,500	-0-
5. In 25 years, this difference, put in savings at 5½%, would grow to	$34,314	$28,595	$22,876	$17,157	$11,438	$5,719	-0-
6. Apparent cost after full 25 years (line 2 less line 5):	$25,556	$27,995	$30,344	$32,733	$35,122	$37,541	$39,930
7. Difference between amount available for monthly payment ($199.60), and actual monthly payment:	-0-	$11.10	$22.20	$33.30	$44.40	$55.40	$66.50
8. In 25 years, this difference, put into savings each month at 5½%, would grow to:	-0-	$7,131	$14,263	$21,395	$28,528	$35,660	$42,728
9. Net out-of-pocket after 25 years (line 6 less line 8):	$25,556	$20,824	$16,081	$11,338	$6,594	$1,981	+$2,798!

Chart II, presenting the status after the full 25 years have run, shows on line 5 that the original $9,000 extra that the ten percent family put into savings has grown to $34,314. Offsetting this kitty against their total aggregate payments of $59,880, this family shows up with an out-of-pocket figure of $25,556 (line 9). And, of course, they own one house free and clear.

You can see that the 40 percent family is decidedly better off. Its $66.50 per month savings now totals $42,728. In relation to the $39,930 they paid on the mortgage (line 3), their savings actually total *more* by $2,798. And they, too, own the house free and clear.

Various other sizes of down payments fall in between these two examples, as each of the above charts indicate.

Remember, these examples are intended only to show the *possibilities,* under comparably controlled conditions. Obviously, if you paid 40 percent down but did *not* save the monthly difference—spending it instead—your advantage would be sharply modified. Only you know whether the cash spent was worth more than the cash that could have been retained. It's a personal judgment. By the same token, if you had to put down ten percent and didn't save the $9,000, but spent it instead, your picture also would be drastically changed. It will take some serious discussion about your plans for the future, as well as some soul-searching about your savings habits, to help decide what your down payment should be. ■

(Produced for the magazine by Robert S. Rosefsky, noted financial authority and syndicated newspaper columnist.)



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Disinfecting and removing stubborn food stains from sinks.

Brilliant thought:
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MENTAL ILLNESS:

Facts you should have clear in your own mind

Mental illness is probably the oldest and most baffling of human afflictions. Where, exactly, is "the mind"? How is a thought created? By what process is it distorted? Is heredity or environment to blame? No one knows for sure, and the inability to answer basic questions such as these has frustrated efforts to uncover the roots of mental illness all through recorded history.

The problem was first met, as one might expect, with sorcery and witchcraft, then with cruelty and incarceration, and, until recently, merely with custodial care. Two people, Sigmund Freud, now known as the father of modern psychiatry, and Dorothea Dix, a 19th-century schoolteacher who deplored the inhumane treatment of the mentally ill and spent a good part of her life trying to rectify it, were largely responsible for bringing hope and help to the afflicted. Between them, they spurred the interest and research that has led to considerable progress in our time.

Here, reflecting that progress, are the answers to 14 frequently asked questions about what has been called the nation's number one health problem.

1. What is meant by a nervous breakdown?

The phrase "nervous breakdown" has no scientific meaning, and might possibly have originated when it was suspected that bacterial attacks on the nervous system were the cause of mental illness. More likely, the term is a euphemism—a sugar-coated substitute for a more precise, but less pleasant, phrase. In short, "nervous breakdown" is merely an indirect way of referring to some form of incapacitating mental or emotional illness.

According to the famed psychiatrist, Dr. Karl Menninger, the inclination to avoid the terminology of mental illness is understandable, even desirable. Words like schizophrenic, manic-depressive, and psychotic, he says, tend to pin frightening and harmful labels on people because they are potent reminders of the days when a diagnosis of mental illness foretold doom for its victims. To quote Dr. Menninger, "Mental illness is not a 'thing' for which a label must be found. It is, rather, a state of functioning; a way of behaving." All of which seems to suggest that no matter what terms—scientific or otherwise—are used in connection with mental illness, the important thing is *not* to view it as a less-than-human condition, or a hopeless situation.

2. What is mental illness?

Like physical illness, mental illness does not consist of a single disorder, but a host of them, and their classifications are far from clear-cut. Loosely interpreted, mental illness includes disorders ranging anywhere from mild and temporary to chronic and severe, and can be applied to conditions as diverse as mental retardation and psychosomatic illness, special problems like alcoholism and drug addiction. In fact, mental illness can encompass virtually any departure from what is considered normal or socially acceptable behavior. It has been said that if a test for absolute mental health were devised, no one could pass it.

In a stricter sense, however, mental illness generally describes mental or emotional disturbances that cause so marked an alteration in thought, mood, or behavior that the individual finds it difficult or impossible to meet the everyday requirements of living. Authorities list *psychoses* and *neuroses* as two categories of mental illness that can lead to such disabling conditions.

3. What's the difference between a neurosis and a psychosis?

In addition to being far more common, neuroses are usually less severe, less destructive, and less disabling than psychoses. As some authorities explain it, a neurotic can manage to go about his daily business despite his hang-ups, but a psychotic can't. Others have said, facetiously perhaps but vividly, that neurotics build dream castles and psychotics inhabit them.

Actually, a neurosis begins with the kind of nervousness and tension that can build up occasionally in anyone who finds himself in a stressful situation. It is only when the condition becomes prolonged, produces discernible patterns of behavior, or intensifies to the point of being disabling that it is called an illness at all. A psychosis, on the other hand, is considered a serious illness even in its milder forms and when its effects are temporary.

Symptoms also differ. A neurosis is most often seen as a state of anxiety accompanied by such physical signs as trembling, insomnia, frequent headaches, and stomach upsets. Some neurotics develop what is called "conversion hysteria" and suffer physical impairments, such as paralysis of a limb or loss of one of the senses, without physical cause. In milder forms, a neurosis may show up as a compulsive habit like excessive handwashing or always stepping over the cracks in sidewalks, hypochondria, or fear of crowds, high places, and other phobias. Psychosomatic illnesses, including ulcers and some types of asthma, are also believed to be an outgrowth of deep-seated anxiety.

In the psychotic, not only are emotions seriously disturbed, but the mind becomes confused and the whole personality is markedly changed. Some of the specific ways in which a psychosis may manifest itself are these:

Atypical behavior	Someone who is usually easygoing may become increasingly irascible, a meticulous person may turn slovenly, and one who has habitually practiced thrift may begin indulging in wild spending sprees.
Extremes of activity	Sitting motionless for long stretches of time, constantly rushing around for no apparent reason, or alternating between the two.
Mood changes	Unwarranted highs and lows in mood, frequent crying spells, persistent gloom or apathy.
Verbal disturbances	Streams of garbled speech, or muteness.
Delusions	A psychotic person may become convinced that he is the victim of a plot, think that his food is poisoned, or hold other beliefs that are obviously contrary to fact.
Hallucinations	He may hear or see imaginary things, such as "visions," or "voices" telling him what to do.

4. Do people with schizophrenia have a dual personality?

Only in the movies. Although schizophrenia does mean a "splitting of the mind," the condition does not involve a Jekyll-and-Hyde transformation. What it does involve is a mental flight from reality. Physically, the schizophrenic person lives

Continued



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Aging signs show early around the eyes. During the day, pat a little Olay® Vitalizing Night Cream into this crucial area to ease away the dryness that can make little tell-tale lines far too noticeable. Be sure to use delicate, feather-light strokes of your fingertips.

continued

MENTAL ILLNESS:

in the real world; mentally, he has a very different one to contend with.

The schizophrenic world is full of distortions and strange sensations. Three-dimensional objects may be flat, and the shape of a person indistinguishable. Colors may appear brighter or duller than they really are; ordinary sounds can become deafening or inaudible. The scent of roses may be offensive, an orange tasteless, and time may have no meaning at all.

Some schizophrenics complain of bizarre sensations, like worms crawling under the skin, yet react with amazing stoicism to the pain of an injury. Thinking can slow down almost to a halt or speed up to the point where the mind leaps uncontrollably from one idea to another.

In addition, the schizophrenic person may experience what is termed "depersonalization," and that's where the "split" comes in. Disoriented and functioning in a dreamlike state, he's apt to develop so complete a sense of detachment that he can no longer identify with himself as a person. He may then come to believe that he is someone else, an outside observer to whom he may or may not assign an identity, or an ethereal spectator, watching himself.

5. Shouldn't the mentally ill always be regarded as dangerous?

No. Fear of the mentally ill is usually based on isolated cases in which a schizophrenic person, suffering from feelings of persecution and imagined threats to his life, strikes back defensively. Violence, however, is not particularly characteristic of mental illness, and when it does occur, it is not usually directed against others, but takes the form of depression and suicide.

Researchers have recently classified depressive illnesses as *unipolar*, where the person affected is only depressed, and *bipolar*, or manic-depressive, where his mood swings back and forth from frenzied activity and excitement to apathetic despondency.

In any case, depression involves three basic degrees of severity. Mild depression, not unlike the "blues" that can come over anyone on a down day, produces lethargy, sadness, pessimism, and feelings of inadequacy. Its severest form is characterized by withdrawal and a total lack of responsiveness. Somewhere between the two levels is moderate depression, a stage in which mental confusion and conflict se in, self-recrimination is apt t take place, minor setbacks loor as major catastrophes, and sui cide may seem like a reasonabl solution.

6. Just how common a problem i mental illness?

Although estimates indicat that one out of every ten person suffers from some form of menta or emotional disturbance at on time or another in his life, a accurate count of the mentally i can't be taken. For one thing, n one seems prepared to say exact ly where mental health leaves of and mental illness begins. Fo another, medical records onl contain information about peopl who seek professional help, no those who may need it but fail t seek it. And, to further compli cate matters, the decision to see professional help may just as wel have been based on a relatively minor problem as a serious one

A somewhat clearer picture o the prevalence of mental illnes emerges when one considers hov many people suffer from diso ders serious enough to warrant hospital stay. The number eac year, according to figures pre sented by the National Institut of Mental Health, is just over million and a half (this figure, in cidentally, equals the number o patients hospitalized for all othe medical reasons).

Current statistics also show that in the United States:

- A quarter of a million peopl are diagnosed schizophrenic.
- Thirty-five percent of those ad mitted to mental hospitals suffe from depression.
- Depressive illnesses strik women twice as often as men.
- Persons over 65 account fo 15-25 percent of admissions t mental hospitals.
- An estimated 500,000 children suffer from psychoses and wha are considered borderline psy chotic conditions.

7. What kind of mental illness ca affect children?

The most serious is schizo phrenia, and it was not until some 30 years ago that psychiatrist began to recognize and report it presence in children. Prior t that, schizophrenic children were being diagnosed as mentally re tarded or brain-damaged, mainly because the symptoms are so sim ilar. Some of the signs, such a dullness, apathy, and the inability to form or express whole thoughts, could be indicative o mental retardation; others resem ble the symptoms found in some cases of brain damage and in clude, along with irrational rage and violent temper tantrums, hal lucinations and delusions.

Psychiatrists now suspect tha

continued

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continued

MENTAL ILLNESS:

childhood schizophrenia consists of a group of mental illnesses. Two have been identified: The child suffering from *primary infantile autism* appears to be encased in a shell, withdrawn, unresponsive to people, overly preoccupied with objects, and out of contact with reality. *Symbiotic infantile psychosis* is characterized by abnormal attachment to the mother. The child literally clings to her; some authorities, in fact, believe that a symbiotic child actually feels that he is a part of his mother and never does think of himself as a separate individual.

Unusual fearfulness, a strong tendency toward destructive acts, extreme aggressiveness, and inability to learn, though intellectually capable of it, may be other indicators of a child's mental or emotional disturbance.

8. Can mental illness be inherited?

While no definite determination has yet been made, the possibility does exist that some types of mental illness, or at least a predisposition toward them, can be passed along from one generation to another. An inkling of the role genetics may play in schizophrenia was first brought out by Dr. Franz J. Kallman of Columbia University more than 25 years ago. According to Dr. Kallman's research, children of schizophrenic parents were more apt to develop schizophrenia than were children of non-schizophrenic parents. He was also able to show that if one of a pair of identical twins was hospitalized for schizophrenia, there was an 86 percent likelihood the other twin would be similarly afflicted.

More recently, additional evidence was turned up by a group of investigators led by Dr. George Winokur of the Washington University School of Medicine. While studying the relationship between parental loss and mental illness, the group inadvertently learned that the incidence of mental illness among the parents and siblings of psychiatric patients was higher than among the relatives of the nonpsychiatric patients. In most cases the same type of illness affected both the psychiatric patients and their families.

Findings such as these indicate that there may be inherent differences in susceptibility to mental illness. However, authorities are convinced that some triggering factor, perhaps environmental stress or a particular set of circumstances, must also be present before mental illness can take hold.

9. Is mental illness always linked to emotional problems?

No. Mental illness can also stem from physical problems. Those that do are called *organic psychoses* because physical or structural damage to the brain or nervous system has taken place. Among the possible causes of such damage are congenital defects, prenatal injuries, skull fractures, chronic exposure to poisons, advanced syphilis, hardening of the arteries in the brain, brain infections or tumors, severe

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All forms of mental illness for which there is no known physical basis are called *functional,* or *psychogenic,* and are attributed to psychological causes. It has been suggested, for example, that severe depression often springs, with or without justification, from a deep sense of loss, and can sometimes be observed even in infants who are abandoned and deprived of maternal attention. And most psychiatrists view schizophrenia as the outcome of emotional scarring during childhood and then the resultant inability to cope with the realities of life or a crisis later on in life.

Some researchers, however, are not satisfied with such explanations, and are embarked on a quest for evidence of other, more tangible, causes of mental illness. Currently, faults in body chemistry, deficiencies in essential nutrients, and low blood sugar are under suspicion. Changes in hormone levels, such as those that occur during menopause and after childbirth, are also believed to be at the bottom of a type of depression called *involutional melancholia.*

10. Is senility a form of mental illness?

In the sense that any mental or emotional condition that prevents a reasonably normal pursuit of living is a mental illness, senility can be so classified. As to the most common cause, authorities are in agreement that the natural process of aging is to blame in two ways. The first is a progressive hardening of the arteries, and the other is the tendency of bodily organs, the brain along with them, to eventually deteriorate. Strokes, by reducing the supply of blood to the brain, can also cause physical damage that may impair the memory and thought processes. And physical handicaps like failing vision and loss of hearing, feelings of uselessness, loneliness, and ebbing strength are other problems that can undermine the mental health of older people.

Specialists in the field of geriatrics, however, are quick to point out that mental deterioration or emotional disturbance is not the fate of all, or even the majority of persons who grow old. Many of today's "senior citizens," in fact, have escaped the ravages of time and retain alert, clear minds and a healthy emotional outlook. And it's believed that continued physical activity, intellectual stimulation over the years, and early preparation for an interesting and useful later life have helped.

11. Can mental illness be cured?

Yes. Yet it goes without saying, of course, that recovery from mental illness, as from any illness, is dependent on many variables. How soon treatment is administered is one of them. The severity of the condition is another. And the type of illness is a third factor.

But the time has passed when people entered mental hospitals with little hope of ever leaving, and almost anyone suffering from a mental illness can expect to benefit measurably from treatment. Even as recently as 1947, for example, a person hospitalized with schizophrenia stood only a 50-50 chance of recover-

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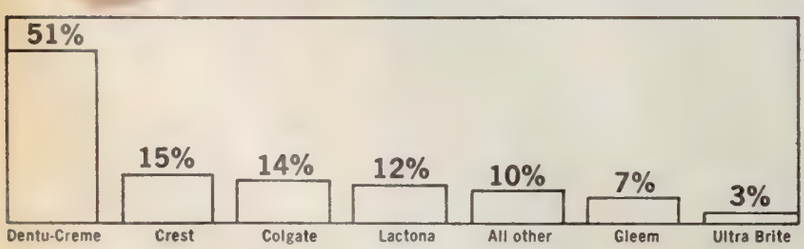




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continued

MENTAL ILLNESS:

ing sufficiently to return home in less than a year; his chances of doing so now have increased to four out of five. Several large health insurance companies report that the average stay for their policyholders is only 16 days. Growing recognition of the problem, increased knowledge, better staffed hospitals, and advances in treatment have all helped to brighten the outlook for the mentally ill.

12. What kind of treatment is now available?

Just as there is no single accepted cause of mental illness, there is no one accepted means of treating it. Usually, some form of psychotherapy, which attempts to effect changes in ideas and emotions, is combined with drug therapy, which involves administering energizers, sedatives, or tranquilizers to combat the symptoms. The discovery of tranquilizers in the early 1950s, incidentally, is credited with revolutionizing the treatment of mental illness and reversing the upward trend of long-term hospitalized patients for the first time in history. In 1955, the resident population of public mental hospitals totaled 559,000; by 1972 it was 303,000 less.

Another method used, though less widely than it once was, is electroshock therapy. Limited for the most part to cases of severe depression in which other methods have proved ineffective or would entail extended treatment, shock treatments are said to often afford prompt and long-lasting relief. Insulin-induced shock therapy is sometimes used to achieve similar results in schizophrenic patients.

Research in the chemical treatment of mental illness includes a long-known drug called *lithium carbonate* for manic-depression, and large doses of *niacin, ascorbic acid,* and *pyridoxine* (vitamins B_6, C, & E) for schizophrenia. Scientists are also experimenting with a hormone-releasing drug called *thyrotrophin,* which seems to be effective in lifting depression.

13. Is there a real alternative to hospitalization?

The answer to this one would have been "no" and not too long ago, except for the few who could afford extended private psychiatric treatment or intensive care in a club-like rest home. But the passage of the Community Mental Health Centers Act of 1963 has helped open up an excellent alternative.

Each of the mental health centers—400 of them were set up by 1970—is designed to serve its own "catchment" area, making it available and accessible to people within its designated boundaries. Through services provided by such centers, the person needing psychiatric help has alternatives previously unavailable to him. If, for example, his condition calls for hospitalization, the center can accommodate him. But if he is well enough to continue working while undergoing treatment, he can do so during the day and return to the center at night. He can also spend weekends at home, or receive outpatient care. Twenty-four-hour emergency services and rehabilitation programs for formerly hospitalized patients are also available.

In addition, 2,000 psychiatric clinics with outpatient facilities are in operation today, and many of the private psychiatric hospitals and general hospitals offering psychiatric treatment are following the trend set by community mental health centers—that is, to keep the patient, insofar as possible and to the extent that it will benefit him, in familiar surroundings and an integrated part of his immediate family and community.

14. What can the family do to help?

First of all, you should recognize mental illness for what it is—a disorder to which no one can claim built-in immunity, and a problem that, like most physical complaints, responds best to professional care. It also helps to keep the following facts in mind:

1. Mental illness is not a condition to which shame or blame can be attached.
2. Diagnosing and treating mental illness takes expert knowledge; learning to recognize the symptoms doesn't.
3. Though it isn't always easy to spot the early signs, mental illness does not usually strike without warning.
4. Being "difficult" and hard to reach is part of mental illness.
5. Repeated threats of suicide, even if they are merely implied, should never be dismissed as "bluffing" or taken lightly.
6. Hospitalizing someone for mental illness should not foster any more guilt than hospitalizing him for a physical illness.
7. While relapses do sometimes occur, they are not inevitable.
8. The notion that anyone who has ever been mentally ill can never be "right again" is false.
9. A good starting place for finding the right kind of professional help is a consultation with the family doctor. ■

(Written in cooperation with Lilian Rothman, a noted medical writer.)

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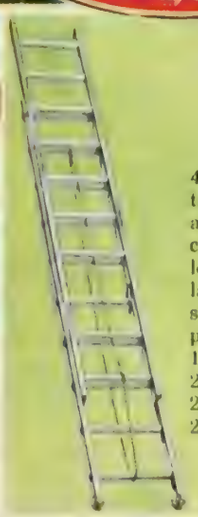
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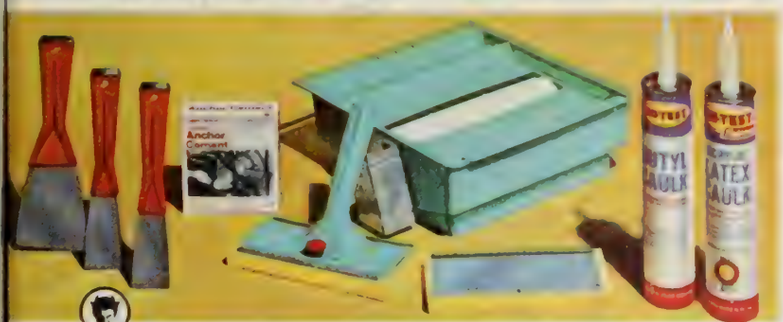
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HOW TO MAKE YOUR HOUSE NEW AGAIN WITH PAINT

By Stephen Mead,
Architectural Editor

Absolutely nothing can do as much for the looks of your house for so little money as a fresh new paint job. The houses on these pages show what a whopping change you can make in the character of your house just by choosing a something-different color. One of these schemes—or one you dream up yourself—can give you the spirit-lifting feeling of living in a brand-new house.



Photograph: Clyde May

Glamorize an entry, like the one above, with neat stripes of contrasting colors around moldings and windows. The basic black draws attention to the front door, and the red and white stripes enliven the scene. The black is not a necessity—you could choose any dark color that looks good with the rest of your house, then pick white and another striping color

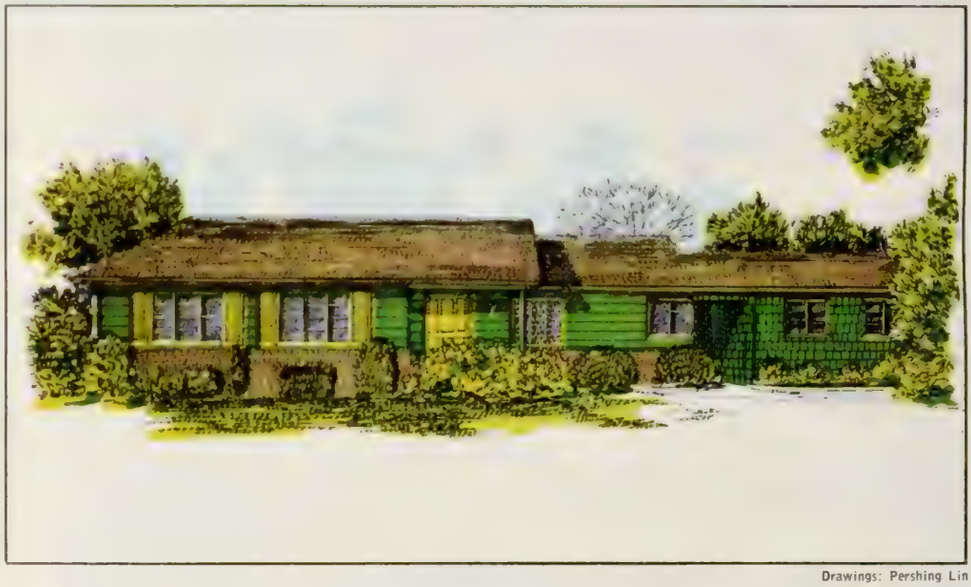
Go subtle with ornate trim, at left, by accenting with a color closely related to the body of the house. On this beige house, white makes the most of the trim where a stronger contrast would have made it overpowering. The red door provides the sock. Trim like this can be successfully accented with darker colors when the body of the house is also darker—and then a contrasting lighter shade could be used for the door itself.

MAKE YOUR HOUSE NEW AGAIN



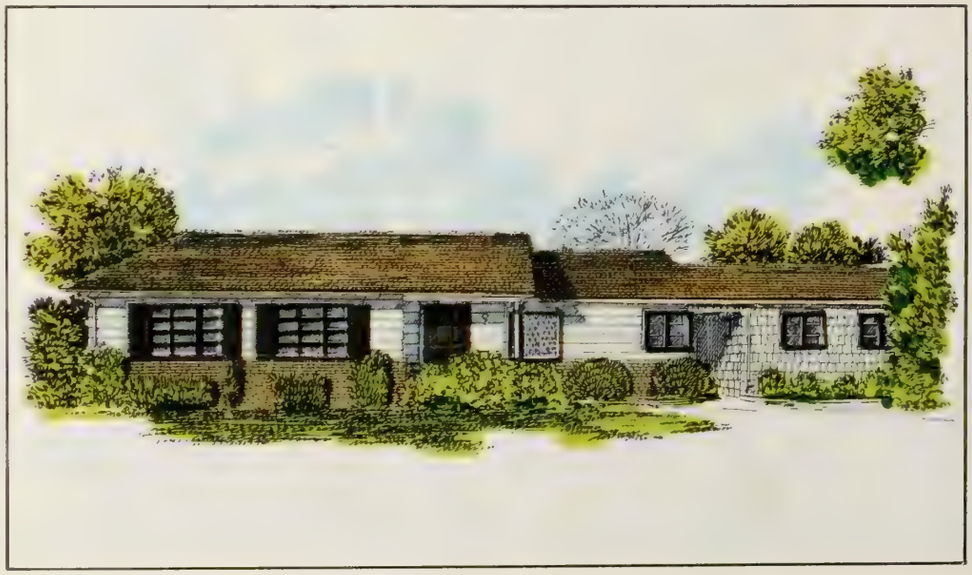
Photograph: Fred Lyon. Source: Barbara Teel

Paint all the trim exciting. A lively color used boldly like this can make a basically plain house sing out. Played against the restrained color of the siding, this trim color accents all doors and the window areas. The same bright color on the gutter and fascia ties all these accent areas neatly together. Even the downspouts left, right, and center were treated to a splash of excitement. Now look below to see what happens when exactly the same house gets a couple of different paint treatments.



Drawings: Pershing Lin

Or paint the trim vibrant. A trim color that is almost the same intensity as the siding—two strong colors like this—will blend the different elements of the front of your house into a single unit. This is a good scheme to use if your house has several different sizes of windows and doors, or if you're not particularly proud of the trim. If you want to de-emphasize brickwork like this, choose a color for the siding that's in the same family—or simply paint the bricks to match.



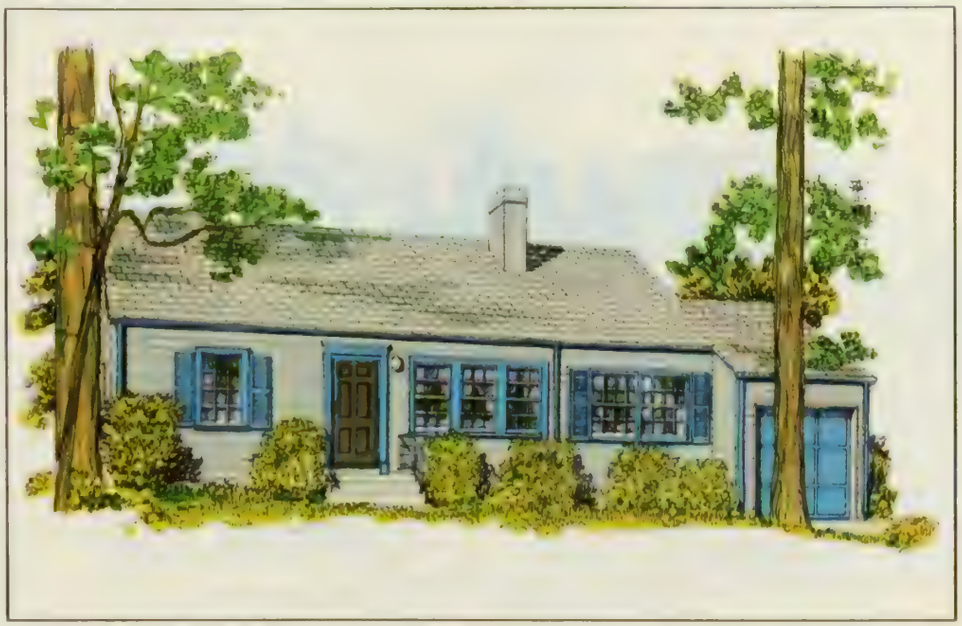
Or "paint out" some trim entirely. You can also pick and choose which elements to accent and which to blend in. Here we played up the shutters, windows, and the post to the right of the entry, but painted the gutters, fascia, and downspouts the same color as the siding. Now they seem to disappear, and the breaks between the windows look much more pronounced. Notice, too, how the various body colors in these examples seem to change the proportions of the house.

Use white to boldly outline doors, windows, even the entire house. Here each element stands out for what it is—windows as windows, shutters as shutters, door as door, etc. Generally you wouldn't want three colors on a house this size. But white doesn't count, and it does an excellent job of calling attention to basically handsome lines . . . a trick that dates back to colonial days. Note that the corner downspouts were painted white but not the one between the larger windows.



Photograph: Clyde May. Source: Val Simms Ditcher

Or accent the openings with a livelier contrast. Painting the body and trim in different intensities of the same color family will help the appearance of your house hang together. Here we treated the shutters as if they were part of the windows, which calls attention to them as openings rather than separate elements. When there are lots of openings in the front of a house, it helps the eye to be able to quickly locate the door, so in this example we painted it charcoal.



Or outline everything in a natural contrast. Stick to the same color family for body and trim and you can't go too far wrong, even when the intensities vary as drastically as they do here. We used the darker color to outline the house and emphasize its openings, but not details. Accenting the downspouts, gutters, and even the chimney helps to define the height of all elements. By now you've probably guessed that related, individual colors are not quite so important as the way they contrast in intensity.



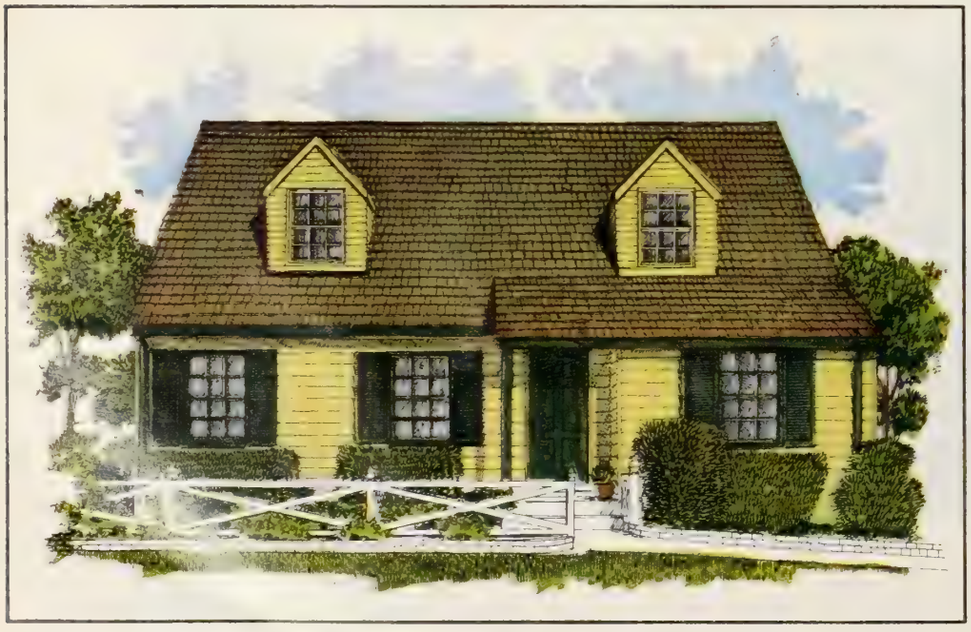


Photos by Fred Lyon

Bring out interesting details with slight shifts in color. Here again, subtle contrasts help unify the entire house. But look carefully and see how painting the door panels the same color as the siding makes the door one of the most attractive features of the house. A word of warning about dormers: Don't ever call attention to them with accent colors or you'll make the house seem top-heavy. Use the body color—or to make dormers really recede, paint them to match the roof.



Use black and white for a clean, contemporary look. Who says white houses are old-fashioned? Just a few touches of black brings this one up to date. We concentrated on vertical elements—downspouts, shutters, that post to the left of the entry—and painted out the door and windows. Now the regularity in the overall design of the house is readily apparent. If your house already has a good sound coat of humdrum white, consider what a gallon of black might do for it.



Paint heavy accents for a more massive look. From a paint styling point of view, your house has three major elements—the body, or siding materials; openings such as doors and windows; and trim such as moldings, shutters, etc. To make the openings seem larger, paint any trim around them the same color, as we did here with the windows and shutters. The bold trim color also adds punch to the trim that is not connected to openings—the fascia and vertical elements.

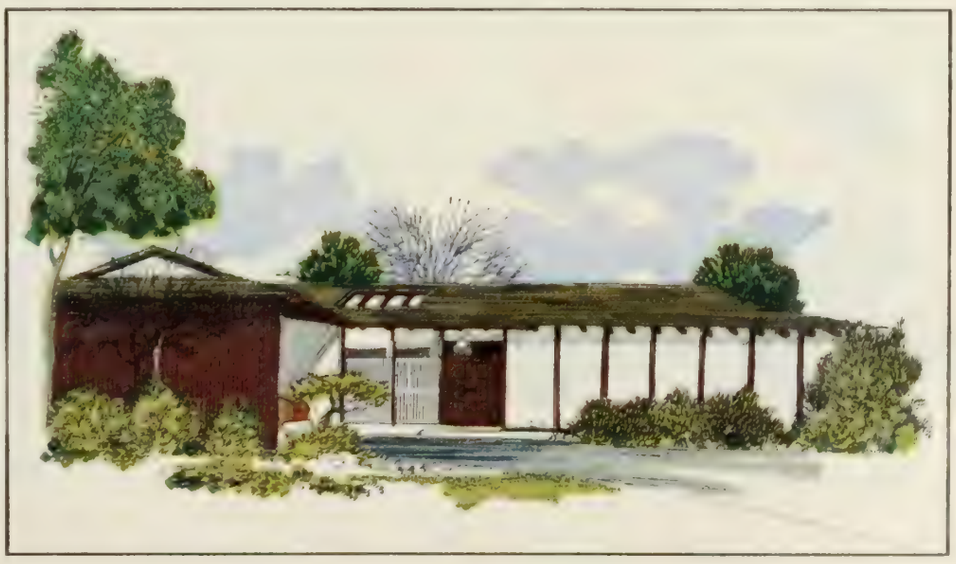
MAKE YOUR HOUSE NEW AGAIN



Play strong neutrals against each other. Even neutral colors can provide clear contrasts as long as you use combinations of light and dark shades. The owners of this long, low contemporary made it seem less so by emphasizing the vertical boards between the panels. Then they played down the entry and carport by painting them dark. Notice, too, how the lighter color continues inside the carport. Painting that wall gray would have made the carport seem like a separate structure.



Reverse colors for a change of pace. If your house is now light with dark trim and you want a completely different look, surprise the neighbors by painting the body dark and the trim light. Here we've made only a modest color change, but now the entry area gets the emphasis and the panels are dark. You could also paint out those battens if you like, they're structural elements and will define themselves. Striping on the doors calls even more attention to the entry.



Accent white with any color. The example at center on the opposite page shows what white and a strong trim color will do for an older house. Here's what happens when you try the same scheme on a contemporary. Just remember that the deeper the accent, the more crisply a white house will stand out. To emphasize the depth of the house, we painted the carport's street side the trim color. With this punchy combination, you get maximum separation of the two planes so the overall shape of the house is accentuated.

MAKE YOUR HOUSE NEW AGAIN



Photograph: Clyde May

Pay special attention to verticals on a very horizontal house. You see a lot of this "ranch revival" style, and its only problem is that the house seems to go on forever, with no real beginning or end. To minimize that, the body was painted a neutral color, the fascia and gutters were painted out, and narrow shutters were added for vertical accents. The red door adds punch to what would otherwise be a monotonous exterior. The scheme is successful but there are alternatives—see the two examples below.



Stop the spread with accents. To help pull this house together, we outlined it by painting the downspouts, gutters, and fascia in a darker shade of the body color. The slight contrast between two earthy colors further blends all the elements. Then to make the house seem even shorter, we created big blocks of accent by painting the garage door, shutters, windows, and front door in the darker shade. Those same accent blocks serve to contain and define the gable area.



Or completely derail a freight-train facade by contrasting two lighter colors. Here's the same house, accented in the same way as the one above—doors, windows, downspouts and trim—only this time the body color is much closer to the pastel end of the spectrum and the accent is much darker. Compare the two to see how bright colors and strong contrasts like these—or the closely related earthy tones shown above—could give you an entirely different "new" house at the same address.



Show off a traditional house with traditional colors and traditional contrasts. Remember, you can use any three colors, as long as one of them is white. Here again, white outlines every edge and opening—including this time the garage door and a trim board at foundation level. This house has vertical trim boards at all the corners and the white outlines each of them also. The painted shutters and stained door quietly contrast with the cheerful body color.



Take some liberties with tradition. Good old basic white is back again, now as a body color with deep accents on the shutters, front door trim, and garage door. The front door is dark, too, but set off by its white sidelights. Emphasizing the garage door is sometimes risky, but it worked in this case because the door related nicely to the accents on the lower level of the house. Had the garage door been higher than the first-floor windows, emphasis would have created discord.



Or throw out tradition entirely with a surprising combination of colors. Unlikely contrasts can make a house truly distinctive—yet our colonial maintains its dignity with classically white-edged openings. The white is especially important with body and trim colors like these—bold schemes can seem dead without some relief from white. You've just seen 18 different color schemes, plus two entries. Which did you like best? Now, take another look at the front of your house!

Succulents: plants for all seasons

By HAMILTON MASON, Garden Editor, and DON ARMSTRONG, Associate

The word "succulents" literally means "juicy plants," ones that are capable of storing water to withstand long periods of drought. Cactus is the best-known example, but there are many other succulents, too. They come in countless shapes and sizes, and many are surprisingly beautiful. They're easy to care for, and most will flower under proper conditions.

Right: *Sedum sieboldi*, in a hanging basket, is one of many sedums available. This one normally flowers in September and October, then goes dormant until March or April. Put it away in the cellar for storage—it needs no water when dormant. It does require frequent watering during the growing season, and does best in filtered light. This sedum is great as a ground cover, too.

Far right: Giant starfish flower and carrion-flower are common names for *Stapelia nobilis*. The flower does have a strong odor, but the large, velvety display is worth it. This succulent is a member of the milkweed family. Flowering is best in the fall, but it can happen anytime in the growing season. The root system is big and fleshy, and responds to heavy feeding. Keep it dry in winter. Every year or so start new plants from cuttings—flowers appear only on new growth.

Left: *Parodia mairanana*, a free-flowering cactus native to Bolivia, is easy to grow from the offsets, or pups, that cluster around its base. Nodes (or areoles) with spines grow in a spiral pattern from bottom to top, culminating in the bloom on top. The flower is about one inch in diameter, with a satiny sheen, resembling a straw flower. Even very small plants of this productive cactus will flower.

Right: This dwarf cactus, *Neochilenia napina*, is about two years old and was grown from seed. The plant itself is only about one inch in diameter, with harmless spines. The flowers, showy in relation to the size of the plant, bloom in the fall and into the winter, lasting several days. Colors generally are pale yellow or a pale pink-salmon. The cactus is durable, and in its native Chile it disguises itself to blend with its surroundings. Avoid transplanting or otherwise disturbing a cactus in bloom.

Far right: Commonly called living rock cactus, *Ariocarpus fissuratus* often appears flat on the ground in native conditions. With watering, it gradually swells up to about a three-inch height. Water this and other cactus twice a week or so, and be sure to provide good drainage because cactus and many succulents rot in soggy conditions. This species is spineless, grows very slowly, and rarely makes an offset, so propagation works best from seed.



Photographs: de Gennaro. Source: Pauline Graves

















Succulents

Left: Royal velvet *(Sulcorebutia rauschi* is a recent discovery which seems to grow better on a graft. What looks like a stem here is the stock or base cactus, *Cereus peruvianus*. Starting with one round reddish purple head, royal velvet starts to produce offsets in a clump formation. The spines are short and blunt. Flowers, usually purple and red, appear in summer. On a graft, the heads send out aerial roots, but normally they grow close to the ground surface.

Far left: *Agave victoriae-reginae*, a succulent, is a member of the century plant family. This one is mature, anywhere from ten to 15 years old, and probably will continue for another four or five years. Plants on the market are usually about three inches high and four inches in diameter but can eventually become about 18 inches in diameter. The plant flowers once, then dies. You grow new ones from seed. Water only at the base, not through the crown. Growth becomes more dense with age.

Right: Fishhook or pincushion cactus, *Mammillaria aurihamata*, is easy to grow from seeds or offsets. This cactus will flower when it's one year old and about one or two inches in diameter. In spring, the plant bears tiny yellow flowers, clustered in circles, which turn to red fruit in the fall and last several months. Hooked spines cover the cactus, but they are not dangerous or sharp. When you move cactus, repot at the depth it originally grew.

Left: This succulent, *Euphorbia lactea 'cristata,'* looks almost unreal with its twisted, contorted growth habit. The branches are marked with a marbled white band down the center and bear short, thick spines. You can propagate this succulent by cutting off the crest or "elkhorn," then rooting it to form a new plant. The crest grows not at a single point, but along the crest.

Far left: A hybrid succulent, *Echeveria* Black Prince, produces an abundant supply of flowers progressively over a period of several weeks. This container shows off three mature plants, with 12-inch-high stalks growing out of rosettes. New stalks grow and flower as the older ones fade away. Leaves become more purple with exposure to sun. Propagate new plantlets from the bract leaves, which provide new starts.

Other groups of succulents include *Aloe, Crassula, Kalanchoe, Sansevieria,* and *Sempervivum*.

Where winters are not severe, use cactus and other succulents outdoors as landscape features. In colder regions, keep them outdoors in containers during the summer, and use as houseplants in other seasons.

continued on page 54



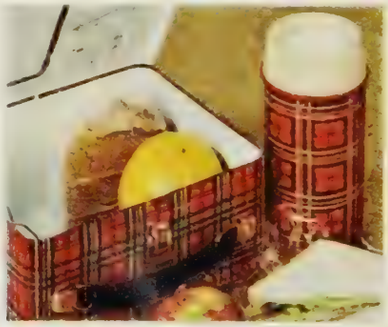
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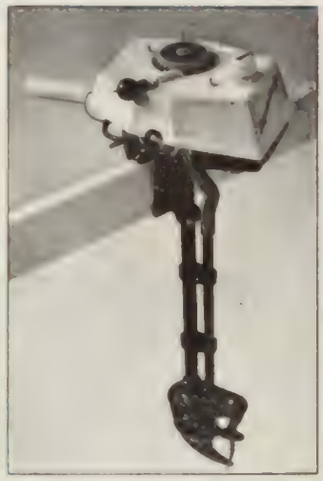
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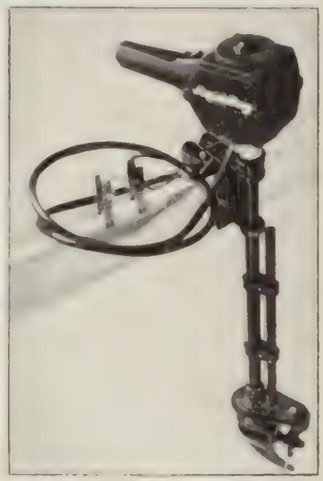
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GOOD NEWS





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You can mate the gas power head and electric power head together on the coupling table to function as a 6-12 volt generator to recharge the battery. Or, you can use the generator as an auxiliary power source around camp at night.

The entire system, consisting of a gas power head, an electric power head, coupling table, auxiliary muffler, hydrometer, and all necessary tools weighs just 14 pounds.

AquaBug System I, $175.00. SeaBorne Systems, Inc., 100 Merrick Road, Dept. DL, Rockville Center, New York 11570.

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GOOD NEWS



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Kindergard Child Safety Latches, three for $2, seven for $4. Kindergard Corp., 3357 Halifax, Dallas, Tex.



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The ABS plastic handles are shaped to fit your hand comfortably. The scissors are available in both right- and left-handed models.

Fiskars Scissors, $7.95 in sewing depts., Normark Corp., 1710 East 78th Street, Minneapolis, Minn. 55423.



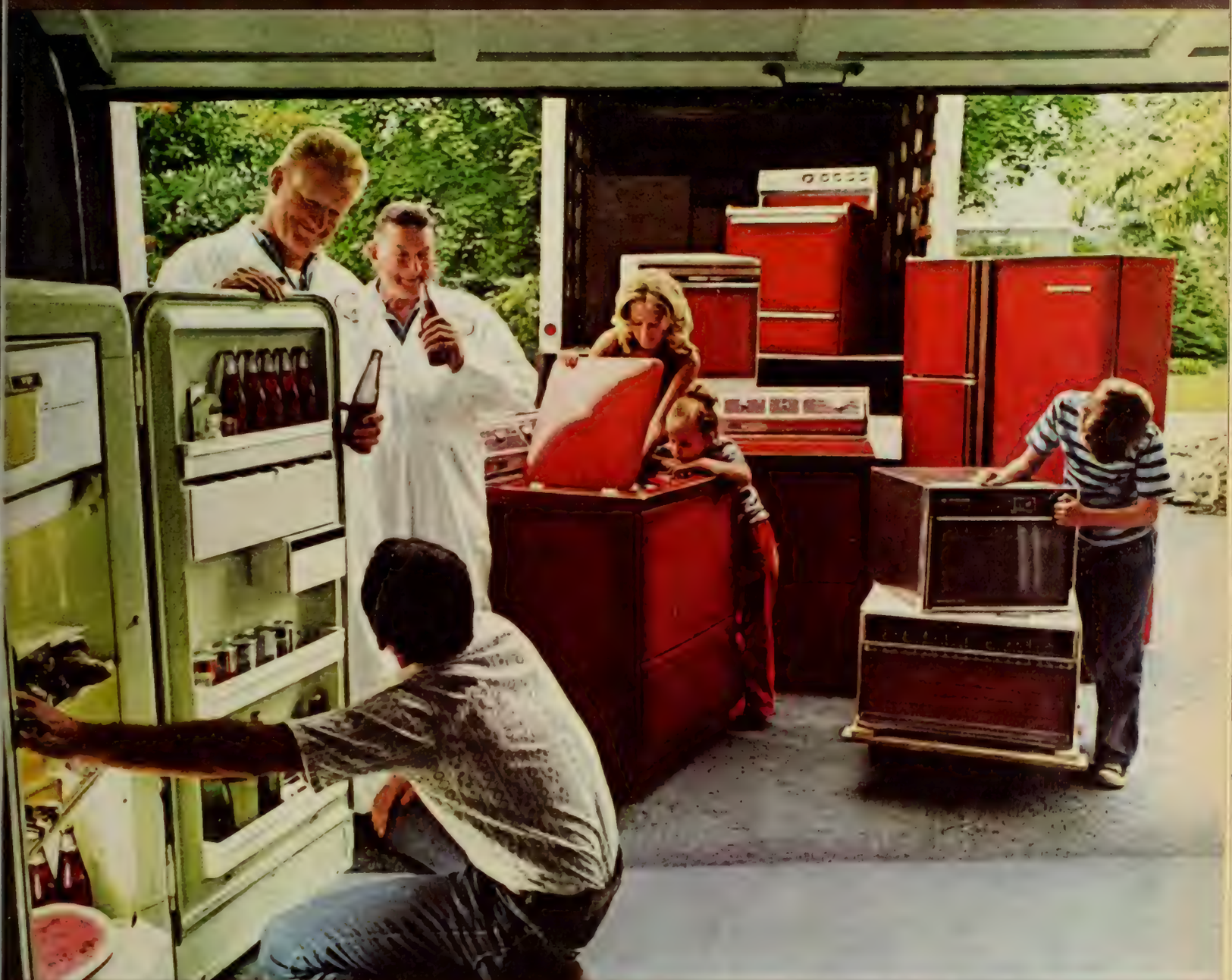
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Geyser pumps, $44.95 in hardware and plumbing depts., Simer Pump Co., 5960 Main St. N. E., Minneapolis, Minn.

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COVER THE EARTH

GOOD NEWS



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A baby up to 20 pounds travels safely and comfortably facing rearward in the infant safety carrier. Your car's seat belt secures the carrier in position, while a separate harness holds the child in the carrier.

A child weighing 20 to 40 pounds sits upright in his own safety seat where he can enjoy the sights while riding. As with the infant seat, the car's seat belt secures both seat and child, and shoulder straps add to security. A top strap holds the seat to the back of the car seat.

Both seats are molded from polypropylene plastic, contoured to provide appropriate support at your child's critical body points and cushioned with vinyl foam padding.

Safety Love Seats, $13.10 for infant model, $29.95 for child model at General Motors dealers. General Motors, Box 1973, North End Station, Detroit, Mich. 48202.





Johns-Manville put a new fiber glass roof on this old fire house to make a point about wind beauty value and fire.

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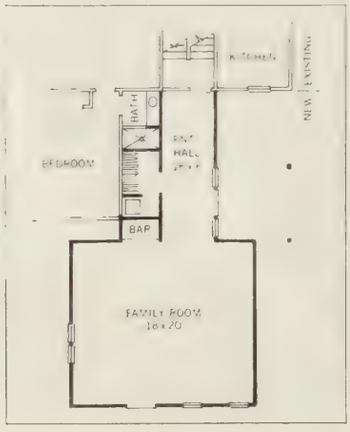
Perhaps you'd like to add on a family room to your house, but you're afraid your narrow lot won't permit expansion. Here's an alternative idea that could be the perfect solution

Consider building your family room onto the rear of your house—as this family did. The hallway "neck" that links the family room with the main living area makes the new addition convenient to use, even though it's at the rear of the house.

And look at the extras this plan offers. Here the owners borrowed space from the hall to add on a bath/vanity to their master bedroom; what's more, they even had space left over for a generous size coat closet off the hallway. And since the hall bordered the garage drive, it was a simple matter to add on a side entry. An open-beam canopy and a pocket garden make the entry particularly inviting (picture above right).

Side windows flanking the entry make it look extra wide, while also keeping the interior hall bright with natural light. A slate tile floor and a dark-wood ceiling add an interesting variety of color and textures.

The 18x20 family room itself is also full of surprises. Its lofty ceiling is supported by a series of exposed trusses; a dark stain on the trusses contrasts nicely with the white of the ceiling and the Texture 1-11 walls. Floor-to-ceiling windows emphasize the room's lofty look, while also flooding the room with outside light. A rear entry door links the new family room directly to the backyard. The built-in bar nook opposite the rear door (see plan) makes a convenient snack center for both everyday and party use. Open shelves along the room's walls provide storage space for books and game equipment.









Photographs: Mike Dieter. Designer: Stephen Mead



LET YOUR BODY TELL YOU WHICH ANTI-PERSPIRANT SPRAY KEEPS IT DRIER.

Try new anti-perspirant Sure on one side.

Try the spray you like best on the other side.

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Rather than tell you about all the laboratory tests that prove new Sure® keeps you drier, we'd like you to find out about our new anti-perspirant from the only source that really matters. Your own two arms.

Try new Sure on one side. And the spray you like best on the other side.

First, you'll notice that most sprays go on wet and oily, compared to new Sure which goes on dry. But more important, if you're like most people, you'll notice that new Sure keeps you drier.

This may be hard to believe

But the way we see it, even if you don't believe some laboratory tests, you can't help but believe your own body.



You'll be drier. We're Sure.

Corned beef casserole





Sunday mornings are special at the Charles Rossie, Jr., home in Carmichael, California. This is the one day when Sue Rossie sleeps late and Charles, a television newsman, prepares breakfast in two acts. He fixes a hearty pancake feast for their four children, then starts the corned beef crust, the first step of his Corned Beef Casserole. "When I hear the first signs of life from the master bedroom, I quickly beat the eggs, add the other ingredients, and the dish is ready for the oven."

Charles has definite theories on men in the kitchen which he formulated when he was young. He began cooking as a hungry teen-ager too impatient to wait for regular mealtimes. Then he took over weekend cooking at his college fraternity, and ate his own creations as a bachelor. "Most recipes directed to men are either too simple or too complicated. I'm not a novice but I've no intention of competing with the super-fancy cooks." His brunch casserole is a delicious example of his easygoing approach.

Photograph: Brown Dexter



CORNED BEEF CASSEROLE

- 1 15½-ounce can corned beef hash
- ½ of 16-ounce jar meatless spaghetti sauce
- 1 3-ounce package cream cheese, cubed
- 1 cup (4 ounces) shredded natural cheddar cheese
- 4 beaten eggs
- ¼ teaspoon dried oregano, crushed
- Dash pepper

Pat corned beef hash on bottom and up sides of greased 1½-quart casserole. Pour in spaghetti sauce; top with cubed cream cheese. Sprinkle with cheddar cheese. Bake in 350° oven for 30 minutes. Combine eggs, oregano, and pepper; pour into casserole. Bake 20 minutes. Let stand 5 minutes. Makes 4 servings.

WANTED: RECIPES MEN LIKE TO COOK

Men—share your recipe with us. We'll pay you $50 for it if selected. No food categories, no deadlines. Send your entry to "HE COOKS," P.O. Box 7, Des Moines, Iowa 50336. Recipes submitted become property of Meredith Corporation.



Let the shimmering, sun-dappled tiles of Italy reflect their gaiety in your home.

Inspired by the festive tiles that beautify Italy's piazzas, parks, and palaces, Cannon Royal Family International Fashions has created Roman Holiday.

Fanciful squares float across thick towels, no-iron sheets of polyester and cotton percale. And the new, truly washable Permapoint™ quilted polyester/cotton bedspreads. In colors to make your spirits soar.

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Roman Holiday in: Firefly Yellow (shown) and Sky Blue.
Cannon Mills Inc., 1271 Avenue of the Americas, New York, N.Y.

Cookout cabinet

You'll be set for one-stop cookouts with an easy-to-build cabinet like this. It not only keeps all your barbecue gear together, it looks like a modern sculpture.

The unit is a practical linkup of three simple boxes, each one performing a specialized service. The low box on the left—designed as a charcoal bin—also works as a table. The big box is a hideaway for a grill; the two-layer top can unfold to double the work surface. Long-handled tools hang on the inside of the door. Suspended on the right side is a box with twin drawers to hold padded mitts, skewers, pastry brushes, and other supplies.

The cabinet is constructed of ¾-inch exterior plywood and finished with exterior enamel to meet the elements. Center box is 30 inches wide; small boxes are 16½ inches square. When top is unfolded, work area measures 2½ x 5 feet.

Better Homes and Gardens Project Plan 4308-1
To order, see page 121

Photographs: Hopkins. Designer: David Ashe





Buying information, page 101



Don't you wait for septic tank or cesspool trouble to start. Use Rid-X® now. 50¢ worth once a month can save you hundreds of dollars.

The Bodens are real people. Their cesspool really needed work. This picture was taken as it was being done. The job really cost $550.

It could happen to you! For years the Bodens were like most home owners. Their sewage system worked fine, so they ignored it. Meanwhile, trouble built up underneath their feet until one day, it surfaced. They learned the hard way—when you see septic tank or cesspool trouble, it may be too late.

That's why you should start using Rid-X now, before trouble starts. Today's modern detergents, bleaches and lyes can destroy the active bacteria your sewage system needs to work efficiently. Rid-X is a beneficial bacteria additive made to help reactivate that essential bacteria action; to help liquefy waste matter, oils and fats. Rid-X works to keep septic tanks and cesspools trouble-free.

Don't confuse Rid-X with liquid and caustic products made to simply unclog drains. Rid-X is specially made to work inside septic tanks and cesspools. Just 50¢ worth, flushed down the toilet bowl once a month, can save you hundreds of dollars! Buy Rid-X today, at your hardware or food store.

SPECIAL COUPON OFFER.
Get a discount coupon worth 50¢ towards your purchase of Rid-X (it's like getting the first month's supply free)—plus a free 16-page booklet on septic tank-cesspool maintenance. Send name and address to Rid-X, P.O. Box 24, White Plains, N.Y. 10606.



It's rich and red, it's moist and meaty. But it's not hamburger.





It's Gaines Top Choice® Burger For Dogs. It's better for your dog than hamburger.

And it's a burger that's really worth begging for. You see, Top Choice is so moist and meaty it holds together just like the hamburger you buy for yourself.

But Top Choice is better! It not only has beef-by-products and rich red beef for a great meaty taste, it has vegetable protein, vitamins and minerals.

Top Choice is full of the complete nutrition that even a whole pound of hamburger doesn't have.

If you want to know how good it really is, don't take our word for it, ask your dog.

Top Choice. For dogs who love hamburger. It's better for them!

GE explains microwave utensils.

Q. Do I need special utensils for microwave cooking? *Cookbook Writer, Myra Waldo.*

A. No. Glass, china, ceramics, pottery, paper plates and heat resistant plastics can be used if there's no metal in their composition or decoration.

Metal tends to reflect microwave energy away from the food and should not be used unless specifically recommended in the Users Manual and Cookbook.

General Electric markets two complete microwave cooking centers, plus two countertop portable microwave ovens. And GE's Customer Care...Service Everywhere™ goes with every microwave oven we sell.



If you'd like to know more about microwave cooking, write: General Electric, Dept. M.O., Appliance Park, Bldg. #4, Louisville, Kentucky 40225.



Microwave cooking... another reason why GE is America's #1 major appliance value.

GENERAL ELECTRIC

continued from page 41

Succulents

If you want to start growing cactus and other succulents, first learn their habits. They need minimum care, but that doesn't mean no attention at all. Both cactus and succulents need watering most of the year—probably more than you thought.

The best potting mix for cactus and succulents is: ½ humus, ½ perlite, and ½ washed sand (available at garden and building supply stores). Don't use vermiculite in the mix—it retains too much moisture.

Good drainage is essential. When potting, put rocks in the bottom of the container, preferably gravel, broken pottery, or similar material with jagged edges. Don't use smooth rocks or pebbles. Fill the pot with planting mix to within one inch of the top edge. Cover the surface of the potting material with aquarium gravel, small roof granules, or volcanic rock—this reduces surface tension so water soaks right in. If your containers are in saucers, empty the excess water.

Because the water goes out of the soil mix quickly, water cactus and succulents once or twice a week during spring and summer, depending on conditions. In winter reduce water drastically, maintaining just enough to keep roots from drying out, but not enough to encourage new growth. Succulents need water to grow, but they have adapted to survive long periods of drought.

Feed cactus and succulents frequently, but lightly. Choose a well-balanced analysis like 10-10-5, either dry or liquid. This helps keep plants healthy and reduces the threat of disease or insect problems.



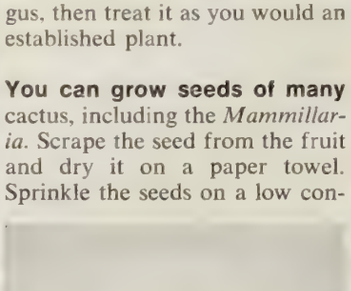
Mealybugs, the white, cottony spots in this photo, are one of the most common insect pests. Scale, red spider mites, and aphids may also show up, especially on weak plants. In addition to light feeding, spray plants outside once or twice a year with malathion. For indoor plants, use alcohol on cotton swabs to get rid of the pests. Keep infested plants separate, and if they are really bad, dispose of them to avoid spreading the problem.

There are several methods of propagating or starting new cactus and succulents, including cuttings, seeds, and grafting. Start seeds in spring or early summer so they have a chance to grow before winter. Cutting is probably the easiest and most popular method. To root cuttings, use a combination of perlite (or peat or vermiculite) and sand, mixed half and half. Our photos show specific plants, but propagation methods recommended also apply to other plants of similar growth habit.



To propagate *Parodias* like the one above, cut off the offsets or pups that grow around the base of the plant. After you cut these off (like the large pup in center), put the start in a shady spot and allow to callous for a week or so. Then set it, cut side down, into the surface of the propagating mix, and start to water it. Some offsets come from the plant with roots started—in that case, dry it for a day or so to avoid fungus, then treat it as you would an established plant.

You can grow seeds of many cactus, including the *Mammillaria*. Scrape the seed from the fruit and dry it on a paper towel. Sprinkle the seeds on a low container of sterile potting mix a provide good drainage. Cover seeds with a thin layer of coa sand or gravel. To water, let container absorb moisture fr the bottom, so the water does wash away the seeds. Cover container with glass and a ne paper and place in a warm sp The seeds will germinate best shade, but once they start germinate, remove or lift glass for air circulation.





Grafting possibilities are alm limitless with cactus. Our ph (above) shows a *Sulcorebu rauschi* (royal velvet) bei grafted to a myrtillocactus. T royal velvet had earlier be grafted to a *Cereus peruvian* The top section, or scion, usua retains its individual character tics. Choose a stock, or unc part, of a vigorous species of c tus. Using a clean, sharp kni make a cut across the scion, ha way down, and cut the top off t stock. Trim back the skin on bo the stock and the scion to ma a better contact between the t vascular (soft tissue) rings. Wh the scion is in place, keep it position with rubber bands goi over the top and around the b tom of the pot. Remove the ban when the graft takes, in a day so. The graft union should fo quickly, within a week. If it fai start over again.

Photographs: de Gennaro



Propagate *Echeveria* Bla Prince (and some other succ lents) with leaves that form plan lets. Take a rosette leaf (or i florescence leaf) and place the t in damp loose dirt or sand, or half and half mix of peat a sand. Place in a warm, dam shady place until new plan form, in a few days to a wee



oyal Chicken Sandwich. This king-sizer calls
ı Monterey Jack Singles to add big, rich
avor to chicken or turkey on toasted Italian
read. The sauce combines Kraft Mayonnaise,
ili sauce, chopped celery, green pepper and
miento.

Did you hear the Corny Burger story? It's about a hamburger bun with a different kind of burger, made from lightly fried corned beef hash patties. It's topped with Kraft Sharp Singles and chili sauce.





Danish Delight. This *smorrebrod* or open-face sandwich combines ham, Onion-Chive Singles, cucumber and hard-cooked egg slices. As we say in America, *bravo!*



Brick-a-Brac Sandwich. A nice collection of things like
ellow Brick Singles, individual French bread loaves
nd crunchy chicken salad made with chopped peanuts,
elery and onion.

Sandwich Season coming up





The Beefed-Up Sandwich is not only beefed-up, but wrapped up and Singled out for flavor. The Singles are Jalapeño, and their flavor never tasted richer than when the whole sandwich is wrapped in foil and baked for 20 minutes at 425°.

Gather your ryes and your pumpernickels, the sandwich season is here. At the Kraft Sandwich Shop we're ready with our largest selection of sandwich slices ever—including 11 flavors of individually-wrapped process cheese food slices. There's a batch of sandwich recipes, too: sandwiches for flavor, sandwiches for nutrition, sandwiches for fun. August is Sandwich Month, so come on by the Kraft Sandwich Shop and look around. We're right at your grocer's dairy case.

Look for other free recipes at The Kraft Sandwich Shop at your grocer's dairy case.

KRAFT Division of Kraftco Corporation

By Rhoda Billsten, Home Sewing and Crafts Editor

Fall sewing special

exciting new fashions for children



You asked for more, and here it is—a fresh-for-fall collection of distinctive children's styles from Burda Patterns of Germany. All six outfits have that inimitable European flair, and they're also easy to make. The patterns are available only to the readers of Better Homes and Gardens.

Right: For dress-up, there's nothing quite as appealing as an old-fashioned pinafore ensemble. Our A-line dress in printed cotton velveteen has a round collar and long sleeves. The yoked pinafore buttons in the back and is capped with perky butterfly sleeves. We combined plain white fabric with permanent press eyelet on this pinafore and trimmed it with embroidered flowers. *Pattern 01242:* available in sizes 2, 4, 6.



Photographs: Beene, Burda Moden



Left: Your daughter will have fun relaxing in this three-piece outfit. It combines the comfort she wants with neat good looks. For the pullover and slacks we chose a soft, golden double knit that's simple to launder. Other suitable fabrics include denim, sailcloth, twill, corduroy, and wool. The classic shirt is shown in a plaid acrylic, but you could use most any soft or crisp lightweight fabric. *Pattern 01257:* available in sizes 6, 8, 10.

To order patterns, see page **121**
Back views are on page **99**



Left Wouldn't your little girl look charming in a dainty storybook outfit? Each girl here is wearing a three-piece version of the popular European dirndl, sewn in traditional color combinations. We chose an easy-care blend for both puff-sleeved blouses, and printed gingham and machine-washable suede cloth for the square-necked dress. The crisp, sheer aprons are made of embroidered fabrics. *Pattern 01248:* available in sizes 2, 4, 6.

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The American Southwest look...

in crafts and table settings

Wool place mat, pictured at right, shows off the glorious color and striking design which are characteristic of Southwest embroidery. The mat can be made of any coarsely woven linen or homespun type fabric and finished with red, green, and black tassels at each corner. You can transfer the design easily by carefully counting threads. It's a simple matter to increase the size if you want a more generous mat or a grand-scale pillow. Ours is 10½ x 16 inches and makes a vivid accent on any table.

Richly embroidered runner is equally effective as a wall hanging—or try the end panels on curtains or around the bottom of a skirt. The colcha stitch used in this runner (and in the place mat as well) is a New Mexican contribution to the art of stitchery. You'll find it easy to master even if you're a novice at needlework. Country-made substitutes for tapestries, like the colcha embroidery shown here, were once in huge demand because they added sparkle and luster to stark adobe walls.

Gleaming tinware frame, at far right on this page, is made with tooling aluminum and colored with permanent color felt markers. Tinwork mirrors like this were a distinctive contribution of the deft Southwest craftsmen. Though not much tin was mined, folk artists were able to scavenge large amounts of this material from the tin containers of mid-18th-century traders and the ration packs discarded by boisterous American soldiers.





Photographs: de Gennaro. Design: B. J. Casselman

The thrifty craftsmen salvaged and soldered, snipped and pieced away at the tin containers. The results were elaborate, gaudy, and unique. You'll find this an easy workshop project. Experiment with embossing the tooling aluminum before starting on the big pieces.

Sensational sand painting, right, is an adaptation of an old Indian art. Though traditional sand paintings were destroyed in a short span of hours, ours will hold up for many moons. With a little planning, this is a good project for beginners. Red clay pots (in front of sand painting) covered with bold geometric designs are created with felt marking pens and paper collage. You'll get a big effect with a small investment of time.

In foreground: plate, cup, and saucer, all Taos pattern;



sterling to the right, Aegean Weave; in center, Yuma pattern plate, orange Pebble Beach goblet; to the left, Apache plate, Hacienda flatware; center between bowls, Old Williamsburg amber glass. How-to page 102





Photographs: de Gennaro Food Stylist: Mable Hoffman Photographed at Disneyland, Anaheim, California



By Doris Eby, Food Editor,
and Priscilla Hanson Kruse, Associate

Food just for fun

a great collection of sweet stuff and condiments

You just automatically associate some foods with having fun. Say "banana split" and you conjure up the magical atmosphere of a soda shop. Say "popcorn" and you recall the myriad sights and sounds of a carnival. Instead of just reminiscing, why not let your children help you make some of these nostalgic goodies at home? In some cases the kids can do most of the work—simply set out the ingredients, provide a little supervision, and then stand back.

A small-fry soda jerk can impress the family with **Frosty-dipped Bananas.** Halve the bananas, then let him drench them in the luscious melted chocolate. For crunch, they are rolled in chopped peanuts before freezing. When the bananas-on-a-stick are ready, get out of the way—there's bound to be a stampede.

Molasses Popcorn is freshly popped corn mixed with peanuts and coated with a rich molasses syrup. The combination makes abstinence absolutely absurd.

When a trip to the soda fountain isn't feasible, but taste buds are whetted for a great, old-fashioned sundae, the kids can whip up **Peach Parfait.** Layers of fresh peaches and green grapes make a colorful contrast to the summery coolness of pineapple sherbet. Or, how about a scintillating **Double Raspberry Fizzer** that starts with syrup made from raspberry jam? Add scoops of raspberry sherbet and vanilla ice cream. Pour in the lemon-lime carbonated drink and watch the concoction bubble. If your family has never seen a **Purple Cow,** it's high time the children made this one. Simply blend lemonade with ice cream and milk. Garnish with dessert topping and a mint leaf for a "ring-a-ding dandy" ice cream spectacular.

No parent could be upset by a drip or two from **Frozen Chocolate Sticks** once he's found out how good they are! Freeze this chocolate pudding mix before you call the children to top each stick with flaked coconut. To make your family twice as happy, double the recipe.

Why not make **Root Beer** at home? Just purchase root beer extract and follow the package directions. It takes more time to make root beer than to buy it at the store, but the family will learn a lot in the process: fermentation, carbonation, gratification.

Kids will be surprised to learn that **Marshmallows** don't have to come from a package. Make them at home and the children can help. They'll have fun snipping the fluffy gelatin and sugar mixture with kitchen shears. Your eager helpers may eat as many marshmallows as they stack.

Orange, lemon, cherry, mint—what's your favorite flavor? But why try to make such an agonizing decision when **Multi-flavored Gumdrops** are so easy to make? Fruit pectin, corn syrup, and flavorings make a chewy tasty candy that keeps everybody happy.

Recipes begin on page 94



The old-fashioned flavor of homemade relishes and condiments can transform a plain meal into something special. And contrary to popular opinion, relishes aren't that hard to make.

Creamy Horseradish Sauce gets its knock-you-off-your-feet flavor from grated fresh horseradish root. Prepared mustard, cream, and a little brown sugar contribute to the horsepower.

Simmering **Best Tomato Catsup** brings back thoughts of the past. Imagine pioneer women simmering a huge caldron of tomatoes for hours on a wood stove or in the fireplace and frugally adding the cloves, cinnamon, and celery seed. Our catsup is much the same with one addition—mushrooms—and one advantage—you don't need a wood stove.

Mango Chutney boasts raisins, garlic, cinnamon, cloves, allspice, and cayenne plus a freshly sliced lemon. **Papaya Chutney** is a memorable fruit mixture of



fresh papaya, pineapple, and golden raisins splashed with brown sugar, vinegar, and ginger. Both chutneys bring out the best in cold meats and cheese.

Dill Pickled Onions start with "boilers" for tiny rings. Crushed red pepper and fresh dill give the onions a zippy flavor that goes with almost anything.

The procedure for making **Sauerkraut** is basically the same today as it was several thousand years ago in the Orient. Very simply, cabbage and salt are mixed together and allowed to ferment. In our method, cabbage sours in canning jars rather than a crock. After several weeks, the characteristic flavor has developed and the kraut is ready.

Frozen Spiced Crab Apples are simmered in a syrup of cinnamon candies and lemon peel. Freeze the apples, and you can serve an elegant condiment at a moment's notice.

Recipes begin on page 94

Great tasting sandwiches

Photograph de Gennaro



Next to the neatly packaged egg, the man-made sandwich is probably our most ingenious food. It's fast and easy to fix . . . fun to eat . . . and wonderfully portable. For all these reasons, sandwiches are favorite family fare all year round, but especially in summer. The only problem: how to satisfy the demand without running dry of ideas. Our tear-out-and-save booklet of sandwich recipes should do the trick. It contains great recipes to fit all occasions, from impromptu snacks to elegant parties. And we've included something for everyone, including small fry and calorie counters. With this booklet in your kitchen, you can liberate the whole family from the same-old-sandwich syndrome. Here's just a sampling:

(Sandwiches start clockwise beginning bottom left.)

Laramie Loaf is a combination of natural cheddar and cream cheeses studded with olives and seasoned with green onions, mustard, and worcestershire. Spread the mixture on a halved French bread loaf. Before baking, garnish with tomato and bacon slices. For extra goodness, serve hot with ice-cold milk.

Spike corned beef and cabbage with horseradish mustard and you have **Hot Corned Beef Treat.** Slices of pickle add an extra spark to the time-honored flavors. Or serve the sandwich cold—it's fine either way.

You can't beat **Corn Dogs,** crisp and hot, served on a stick, and lathered with mustard. Make batter from pancake mix, cornmeal, chili powder, and cumin. Dip the franks in the batter and fry briefly in hot fat.

For a quick lunch when the kids are hungry, serve each a **Deviled French Fried Sandwich.** Just spread bread with deviled ham, and add a layer of cheese and onion. Before frying, dip the sandwich in a sour cream-egg mixture to give it a flavor that everyone will agree is definitely not run-of-the-grill.

Looking for a fancy sandwich to serve as a meal-in-one? **Roast Beef Sandwich, Chef-style** is the answer. Roll up asparagus spears in rare roast beef slices, place on a bed of onions and refrigerated biscuits, and everybody's happy. Want more? Top the hot-from-the-oven sandwich with a sour cream blend that includes generous amounts of horseradish and dillseed for zip.

Each crusty rye wedge of **Alpine Olive Sandwich** is covered with lots of Swiss cheese, olives, and bacon. The taste is terrific. Serve it to your teen-agers as a snack, or give them the recipe and let them make it themselves.





Nothing says "Italian cooking" more decisively than rich tomato sauce flavored with garlic, basil, or oregano. We give this world renowned taste tradition a new twist in both of these hearty knife-and-fork sandwiches.

Meatball Sandwiches glamorize ground beef meatballs with a zesty tomato sauce ladened with spicy Italian sausage and sparked with garlic salt, crushed oregano, and parsley flakes. Scoop out French rolls to make boats for the piquant cargo and ready your taste buds for a trip abroad.

Wrap ham, salami, and bologna jelly-roll fashion inside a flavor-rich crust and you have **Pizza Rustica.** This sandwich gets a quick beginning from convenient packaged pizza mix. For the savory crust, mix the package of herbs with the flour and proceed as usual, but don't spread the canned pizza sauce on the dough —save it for dunking these robust rolls. (Recipes in booklet.)

low to travel first class n economy fare.

ld a can of Campbell's to budget meats fish and you're off to a flying start.





SWEET AND SAVORY MEATBALLS

- 1 pound ground beef
- ¼ cup fine dry bread crumbs
- ¼ cup finely chopped onion
- 1 egg, slightly beaten
- 1 small clove garlic, minced
- 1 tablespoon shortening
- 1 can Campbell's Golden Mushroom Soup
- ½ cup drained chopped canned tomatoes
- 2 tablespoons vinegar
- 2 tablespoons brown sugar
- 2 teaspoons soy sauce
- Dash pepper
- Cooked rice

ix beef, crumbs, onion, egg, and garlic; shape into 16 meatballs. skillet, brown meatballs in shortening; pour off fat. Add remaining gredients except rice. Cover; cook over low heat 20 minutes or until one. Stir now and then. Serve with rice. Makes about 3½ cups.



FANCY FLOUNDER ROLL-UPS

- 2 packages (10 ounces each) frozen broccoli spears, cooked and drained
- 8 fillets of flounder (2 lb.)*
- 1 can Campbell's Cream of Celery Soup
- ¼ cup mayonnaise
- 1 tablespoon lemon juice

Divide broccoli among fillets; roll up. Secure with toothpicks. Arrange in 2-quart shallow baking dish (12x8x2"). Bake at 350°F. for 20 minutes. Meanwhile, combine remaining ingredients; pour over fish, stirring in liquid around sides. Bake 15 to 20 minutes more or until done. Arrange roll-ups on platter. Stir sauce; pour over roll-ups. Garnish with lemon if desired. Makes 6 to 8 servings.

*If using frozen, thaw completely.

CHICKEN PARMESAN

- ¼ cup fine dry bread crumbs
- 4 tablespoons grated Parmesan cheese
- ¼ teaspoon oregano leaves, crushed
- Dash garlic powder
- Dash pepper
- 2 pounds chicken parts
- 1 can Campbell's Cream of Mushroom Soup
- ½ cup milk
- Paprika

Combine crumbs, 2 tablespoons Parmesan, oregano, garlic, and pepper; roll chicken in mixture. Arrange in 2-quart shallow baking dish (12x8x2"). Bake at 400°F. for 20 minutes. Turn chicken; bake 20 minutes more. Meanwhile, blend soup and milk; pour over chicken. Sprinkle with paprika and remaining Parmesan. Bake 20 minutes more or until chicken is tender. Arrange chicken on platter. Stir sauce; pour over chicken. Makes 4 servings.

Anything worth cooking is worth Campbell's.


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Save Money on Family Food Idea

Family Food Ideas advertisers in this issue of Better Homes and Gardens have made possible a special offer of two Better Homes and Gardens cook books.

The Salad Book and the Barbecue Book provide more than 750 recipes. The books are designed in several sections to include instructional help and complementary food ideas in addition to comprehensive coverage of salad and barbecue recipes.

Each book is hard bound with a washable cover. The two books retail for $3.95 each. Family Food Ideas advertisers are offering you the two books at a total savings of $2.95 for simply sending in proof of purchase of three pro advertised in this Family Food Ideas se

The proof of purchase may be a label brand name cut from a package, wra plastic lid, or a copy of the brand name the product on a sheet of plain paper.

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Refresh Summer Appetites



Midsummer days—peak of the barbecue season. A good time to refresh wilted appetites. Remember the eager family scene at your first cookout this summer? Revive that spirit—and your own.

Leave the family favorites on the menu, but try them a new way. Got a hamburger family? Try Little Bar-B-Q Meat Loaves with a zesty catsup sauce. And the next time you call a cookout they may be first choice. The recipe is from the Better Homes and Gardens Barbecue Book.

Little Bar-B-Q Meat Loaves

2 slightly beaten eggs
2 pounds ground beef
2 cups soft bread crumbs
¼ cup minced onion
1 tablespoon prepared horseradish
1½ teaspoons salt
½ teaspoon dry mustard
¼ cup milk
½ cup butter or margarine
½ cup catsup

Combine first 8 ingredients, and mix well. Shape in 6 miniature meat loaves, about 4½ inches long and 2½ inches wide. Place in wire broiler basket. Heat butter with catsup just till butter melts; brush over all sides of loaves. Broil meat loaves over medium *coals. Turn and brush all sides frequently with sauce. Cook 40 minutes or till done. Pass remaining sauce. Makes 6 servings.*

It's spareribs they love? Give them spareribs—with a super sauce. Barbecued Spareribs, also from the Barbecue Book, gives the family chef plenty of time for the rest of the meal—or a rest—as the ribs grill.

Barbecued Spareribs

2 tablespoons butter or margarine
2 cloves garlic, crushed
2 tablespoons prepared mustard
¼ cup brown sugar
1 cup catsup
¾ cup chili sauce
1 tablespoon celery seed
2 tablespoons Worcestershire sauce
1 or 2 dashes bottled hot pepper sauce
½ teaspoon salt
1½ cups water
4 pounds spareribs or loin back ribs
1 medium onion, thinly sliced
1 lemon, thinly sliced

For sauce, melt butter in saucepan; add garlic and cook 4 to 5 minutes. Blend in mustard and sugar. Add catsup, chili sauce, celery seed, sauces, salt, and water; bring to boiling. Salt ribs and place bone side down on grill over slow *coals. Broil about 20 minutes; turn meaty side down and leave briefly until nicely browned. Turn meat side up again and broil about 20 minutes longer.*

Brush meat side with basting sauce and peg on slices of onion and lemon with toothpicks. Continue to broil without turning, 20 to 30 minutes, or till done, basting occasionally. At the last, brush sauce on both sides of ribs, and let broil 2 or 3 minutes on each side for a fine finish. Makes 4 servings.

If resting while grilling is your kind of cookout, a chilled vegetable salad is your kind of salad. Bring summer's gold and green to your table in Mediterranean Salad. A savory mixture of Italian green beans and whole kernel corn, this recipe from the Better Homes and Gardens Salad Book is ready when you are.

Mediterranean Salad

1 10-ounce package frozen Italian green beans
2 tablespoons butter or margarine
3 slices bread, cut in cubes (2 cups)
1 12-ounce can whole kernel corn, drained
½ cup mayonnaise or salad dressing
2 tablespoons chopped canned pimiento
1 teaspoon dried basil leaves, crushed

Cook beans following package directions; drain and cool. In skillet, melt butter. Add bread cubes and cook till crisp, turning occasionally. Combine beans, corn, mayonnaise, pimiento, basil, and ¼ teaspoon salt; chill. Before serving, add toasted bread cubes to bean mixture; toss. Serves 8.

Nibbling goes well with resting while grilling. A few bites from a make-ahead relish can ease teasing hunger that grill aromas bring. Simple enough for a youngster to fix, Sunburst Artichoke from the relishes section of the Salad Book is a delight to the eye and the appetite.

Sunburst Artichoke

1 artichoke
1 cup mayonnaise or salad dressing
2 teaspoons dry mustard
1 teaspoon Worcestershire sauce
3 hard-cooked eggs

Cook artichoke in boiling salted water about 30 minutes; drain. Chill. Pull off leaves; trim off points. Mix mayonnaise, mustard, and Worcestershire sauce.

Halve hard-cooked eggs crosswise; cut each half into 8 wedges. Top leaves with dollop of dressing; place an egg wedge at base of leaf. Arrange sunburst-fashion on platter.

Every family's favorites, iced tea and lemonade, can't be beat. But you can combine them, add a bright fruit nectar and serve Apricot Swizzle in clear glasses. Its lush color deserves the compliment. The recipe is from the beverages section of the Barbecue Book.

Apricot Swizzle

4 teaspoons instant tea
½ cup sugar
2 cups cold water
1 12-ounce can (1½ cups) apricot nectar
½ teaspoon aromatic bitters (optional)
1 6-ounce can (¾ cup) frozen lemonade concentrate
1 1-pint 12-ounce bottle (3½ cups) ginger ale, chilled

In large pitcher, mix instant tea, sugar, cold water, apricot nectar, and aromatic bitters; stir mixture till sugar dissolves.

Just before serving, add frozen lemonade concentrate and several ice cubes; stir. Place 3 or 4 additional ice cubes in each of 8 tall glasses and pour in fruit mixture to fill glasses about 2/3 full. Pour chilled ginger ale down the side *of each glass to fill and stir gently with an up and down motion.*

Bypass a midsummer cooking slump with ideas from the Family Food Ideas advertisers below and on the following pages. These advertisers also make possible the special offer on two Better Homes and Gardens cook books that will help you refresh summer appetites.

ADVERTISERS

Wish-Bone Salad Dressings

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Wish-Bone California Onion Dressing.
Full of bits of sweet tender onion
delicately blended in a smooth, creamy base.
For a taste that's the perfect partner
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FOR PEOPLE WHO REALLY LIKE SALADS.



Banana Breeze

A luscious, creamy, no-cook filling in a crunchy, no-bake crumb crust. Convenience ingredients cut your time and work. Almost as easy as peeling a banana. Here's how:

No-Bake Crust

⅓ cup regular margarine or butter
¼ cup sugar
½ teaspoon cinnamon (optional)
1 cup Kellogg's® Corn Flake Crumbs

Melt margarine, sugar and cinnamon in small saucepan.
Place over low heat, stir constantly until bubbles form around edges of pan; remove from heat.
Add Corn Flake Crumbs; mix well.
Press mixture evenly in 9-inch pie pan to form crust. Chill.

No-Cook Filling

1 package (8 ounces) cream cheese, softened
1 can Eagle Brand® Sweetened Condensed Milk (not evaporated milk)*
⅓ cup bottled lemon juice (measure accurately)
1 teaspoon vanilla extract
4 medium size ripe Dole® bananas
2 tablespoons bottled lemon juice

Magnolia® or Dime® Brands may be used.

Beat the cream cheese until light and fluffy.
Add sweetened condensed milk. Blend thoroughly.
Add 1/3 cup lemon juice and vanilla and stir 'til thickened.
Slice 3 bananas; line crust with banana slices.
Turn filling into crust. Refrigerate 2 to 3 hours, or 'til firm. (Do not freeze.)
Cut fourth banana into thin slices; dip in remaining lemon juice. Garnish top of pie with banana slices as shown.
Yield: 8 servings.



begins on page 72

Fun food

FROSTY-DIPPED BANANAS

Put chocolate in a shallow dish for easy dipping—

8 ounces milk chocolate
1½ cups chopped peanuts
4 bananas, halved crosswise

In small heavy saucepan over very low heat, melt chocolate, stirring constantly. *Do not add any liquid.* Remove from heat and transfer to shallow dish. Insert wooden picks into fruit. Roll banana chunks into chocolate



Photographs: Dieter

then immediately in chopped peanuts. Place on baking sheet lined with waxed paper. Freeze till firm. If not eaten same day, wrap in moisture/vaporproof wrap and return to freezer. Makes 8.

MOLASSES POPCORN

Break up any large clusters of coated popcorn mixture—

1 cup sugar
Dash salt
½ cup water
¼ cup molasses
1 tablespoon vinegar
1 tablespoon butter or margarine
1 teaspoon vanilla
2 quarts popped corn (½ cup unpopped)
1 cup Spanish peanuts

In 1½-quart saucepan, combine sugar, salt, water, molasses, and vinegar. Place over medium heat; cover and heat to boiling. Uncover and cook to soft crack stage (272°). Add butter or margarine and vanilla. In large bowl, combine popped corn and peanuts. Pour syrup slowly over popped corn mixture, tossing till well coated. Makes 2 quarts.

PEACH PARFAIT

¼ cup sugar
1 tablespoon cornstarch
1 cup orange juice
1 cup peeled and sliced peaches (1 large peach)
½ cup seedless green grapes, halved
1 quart pineapple sherbet

In saucepan, combine sugar and cornstarch; stir in orange juice. Add fruit; cook and stir till thickened and bubbly. Simmer 2 to 3 minutes or till peaches are just tender. Cool and chill. To serve, layer fruit mixture and sherbet in parfait glass. Garnish with additional peach slice, if desired. Makes 8 servings.

DOUBLE RASPBERRY FIZZER

1 10-ounce jar raspberry jam
½ cup water
Raspberry sherbet
Vanilla ice cream
2 12-ounce bottles lemon-lime carbonated beverage, chilled

Combine jam and water; mix well. Chill. Into each of 5 chilled tall glasses, pour about 4 tablespoons raspberry mixture. Add scoop of sherbet, then scoop of vanilla ice cream; top with another scoop of sherbet. Fill each glass carefully with carbonated beverage by pouring slowly down side of glass. Makes 5 servings.

PURPLE COW

1 pint vanilla ice cream
¼ cup milk
2 tablespoons frozen grape juice concentrate
1 tablespoon frozen lemonade concentrate
Frozen whipped dessert topping, thawed
Mint leaves

In blender container, combine ice cream, milk, and frozen juice concentrates. Cover and blend till smooth. Serve in tall glasses with straws. Garnish with whipped dessert topping and mint leaf, if desired. Makes 2 cups.

FROZEN CHOCOLATE STICKS

1 3¾- or 4-ounce package regular chocolate pudding mix
¼ cup sugar
2 egg yolks
2 stiff-beaten egg whites
Flaked coconut

In saucepan, combine pudding mix and sugar; prepare according to the package directions. Stir a moderate amount of hot pudding into egg yolks; return to pudding in pan. Cook and stir till thickened and bubbly. Cover surface with waxed paper. Cool. Fold beaten egg whites into pudding. Spoon into six 5-ounce paper drink cups. Insert a wooden stick into each cup. Freeze till firm. To serve, peel off cups, melt slightly; dip in flaked coconut. Makes 6 servings.

MARSHMALLOWS

2 cups granulated sugar
3 envelopes unflavored gelatin
⅛ teaspoon salt
1 cup water
1 teaspoon vanilla
Powdered sugar

In medium saucepan, combine granulated sugar, gelatin, and salt. Stir in water; heat till sugar is dissolved, then bring just to boiling. Remove from heat; cool slightly, about 5 minutes. Stir in vanilla. Transfer to large mixer bowl. Beat at high speed of electric mixer about 10 minutes or till mixture resembles thick

continued on page 98

Today your husband turned 39, again. And he doesn't feel much like celebrating. Tonight, you've got to tell him how much handsomer he is now than when you married him.

It's a good day for Stouffer's.



Chicken Divan. One of 35 Stouffer's Frozen Prepared Foods.



Stouffer's

FAMILY FOOD IDEAS

6 glorified ground beef dishes



SPICY MEAT PIE

Creamy Best Foods replaces shortening to make pastry stir-together easy.

- 2 pounds ground beef
- 3/4 cup chopped onion
- 2 cloves garlic, minced
- 1 1/2 cups bouillon
- 1 teaspoon ground sage
- 1/2 teaspoon ground mace
- 1/2 teaspoon pepper
- 1/4 teaspoon ground cloves
- 3/4 cup chopped celery leaves
- 3 tablespoons Argo® corn starch
- 1/4 cup water
- 1 recipe Mayonnaise Pastry (below)

Saute meat, onion and garlic in large skil Stir in next 6 ingredients. Mix corn sta and water; stir in gradually. Bring to boil; duce heat and simmer, covered, about minutes. Remove from heat. Prepare pas

Mayonnaise Pastry

- 2 cups sifted flour
- 1 teaspoon salt
- 1/2 cup BEST FOODS Real Mayonnaise
- 3 tablespoons cold water

Mix flour and salt; blend in Real Mayonna with fork. Sprinkle on water; mix well. Pr firmly into ball. Divide almost in half. Flat larger portion; roll out on lightly floured s face into 12-inch square. Place in 8 x 8 x inch baking pan. Fill with meat mixture. F out remaining pastry. Place over meat m ture; seal edges. Cut slits. Brush with e yolk and water, if desired. Bake in 42 oven 30 minutes. Serves 6.



FAMILY FOOD IDEAS

GROUND BEEF STROGANOFF

Best Foods won't separate even when heated in a recipe like this.

- 1 pound ground beef
- 1/2 cup chopped onion
- 1 (4-ounce) can sliced mushrooms, drained
- 1/2 teaspoon garlic salt
- 1/2 teaspoon dry mustard
- 1/2 cup BEST FOODS Real Mayonnaise
- 1/2 cup dairy sour cream
- 1/2 cup beef bouillon
- Hot rice or noodles

Saute first 5 ingredients in skillet until beef is browned and onion is tender. Drain fat. Combine next 3 ingredients; stir into meat mixture. Cook over low heat 10 to 15 minutes or until hot. Serve over rice or noodles. Serves 4.



CROWN MEAT LOAF

Delicate Best Foods makes a fluffy-light topping.

Make your favorite meat loaf recipe using 1 1/2 pounds ground beef. Bake in 350°F oven 30 minutes; then remove from oven. Make topping below:

- 3 egg whites
- 1/2 teaspoon cream of tartar
- 1/2 cup BEST FOODS Real Mayonnaise

Beat egg whites with cream of tartar until soft peaks form when beater is raised. Fold in Real Mayonnaise. Spread on meat loaf. Return to oven for 20 minutes or until lightly browned. Serves 6.

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hat start with Real Mayonnaise.

nd that's the other name for Best Foods.®

sh, delicate Real Mayonnaise makes everyday ground f taste special. Real Mayonnaise is so smooth and amy, it blends deliciously in everything from sauces pastry. And Real Mayonnaise means whole- Best Foods.



QUICK CHILI BEAN TACOS

Versatile Best Foods takes the humdrum out of hamburgers

- 1 pound ground beef
- 1/2 cup chopped green pepper
- 1/4 cup chopped onion
- 1 (1-pound) can red kidney beans, drained
- 1 tablespoon chili powder
- 1/2 cup BEST FOODS Real Mayonnaise
- Shredded lettuce
- 6 English muffins, split and toasted
- Shredded Cheddar cheese

Brown first 3 ingredients in skillet. Drain fat; add beans. Stir in chili powder, then Real Mayonnaise. Heat over low heat just until hot. Arrange lettuce over muffins; spoon on meat mixture. Sprinkle with cheese. Serves 6.



EASY HAMBURGER QUICHE

Whole-egg Best Foods makes this quiche extra luscious.

- 1 unbaked 9-inch pastry shell
- 1/2 pound ground beef
- 1/2 cup BEST FOODS Real Mayonnaise
- 1/2 cup milk
- 2 eggs
- 1 tablespoon Argo corn starch
- 1 1/2 cups (1/2 pound) chopped Cheddar or Swiss cheese
- 1/3 cup sliced green onion
- Dash pepper

Brown meat in skillet over medium heat. Drain fat and set aside. Blend next 4 ingredients until smooth. Stir in meat, cheese, onion and pepper. Turn into pastry shell. Bake in 350°F oven 35 to 40 minutes or until golden brown on top and knife inserted in center comes out clean. Serves 6 to 8.



SWEDISH MEATBALLS

Creamy-smooth Best Foods helps make sauce-making simple.

- 3 slices bread, crumbled
- 1/3 cup milk
- 1 pound ground beef
- 1 small onion, grated
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- Dash ground nutmeg
- 2 tablespoons Mazola® corn oil
- 1 (7/8-ounce) packet brown gravy mix
- 1/2 cup BEST FOODS Real Mayonnaise

Add bread to milk. Mix in next 5 ingredients. Shape into 1-inch balls. Chill. Brown meatballs in oil in large skillet. Prepare gravy according to directions, using 1 1/4 cups water. Blend in Real Mayonnaise. Add to meatballs and heat. Makes about 45 meatballs.



BRING OUT THE BEST FOODS AND BRING OUT THE BEST.

Great go-togethers!

Rice-A-Roni and Kikkoman



Kikko Roni Chicken

Combine ½ cup Kikkoman Soy Sauce, ¼ cup white wine, 2 Tbsp. sugar, ½ tsp. ginger and 1 clove garlic, diced. Pour over 3 lb. cut-up frying chicken, marinate 1 hour in refrigerator. Bake in 350 F. oven 1 hour, turning occasionally. Prepare Fried Rice-A-Roni according to package directions. Place on serving platter and arrange chicken on top. Serve.

Kikko Roni Kabobs

Bring to boil ¼ cup Kikkoman Soy Sauce, ½ cup wine vinegar, 2 Tbsp. oil, 2 tsp. instant onions, ¼ tsp. each dry mustard and pepper, 1 clove garlic, diced. Cool; marinate 1 lb. beef cubes and 12 mushrooms 1 hour. Prepare 1 pkg. Fried Rice-A-Roni, adding 1 Tbsp. marinade. Broil skewered meat and mushrooms. Serve Kabobs over Rice-A-Roni.





Combine Fried Rice-A-Roni and Kikkoman—the nation's flavor leaders—in these simple and delicious recipes. Get creative with other Rice-A-Roni favorites. And, in addition to Kikkoman Soy Sauce, try the zesty zing of Kikkoman Hawaiian Teriyaki Sauce.

FAMILY FOOD IDEAS

continued

Fun food

marshmallow creme. Pour into buttered 13x9x2-inch pan. Cool. With kitchen shears dipped in hot



water, cut in 1¼-inch squares; roll in powdered sugar. Makes about 6 dozen pieces.

MULTI-FLAVORED GUMDROPS

1 1¾-ounce box powdered fruit pectin
½ teaspoon baking soda
¾ cup water
1 cup sugar
1 cup light corn syrup
Granulated sugar

In a 2-quart saucepan, mix pectin, baking soda, and water (mixture will be foamy). Mix sugar and corn syrup in another 2-quart saucepan. Place both pans over high heat. Cook and stir till foam has thinned from the pectin mixture and the sugar mixture is boiling rapidly, 3 to 5 minutes. Pour pectin mixture in a slow, steady stream into boiling sugar mixture,



stirring constantly, about 1 minute. Cook and stir 1 minute more. Remove from heat; add coloring and extract as indicated for your flavor choice. Pour into buttered 9x5x3-inch loaf pan. Let stand at room temperature till cool and firm, about 2 hours. Cut in ¾-inch squares and roll in granulated sugar. Store in loosely covered container. Makes about 55 squares.

Flavors: For Orange Gumdrops, use the following coloring and flavoring: 7 drops yellow food coloring, 1 drop red food coloring, 2 teaspoons orange extract. For Lemon Gumdrops, use the following coloring and flavoring: 10 drops yellow food coloring and 2 teaspoons lemon extract. For Cherry Gumdrops, use the following coloring and flavoring: 7 drops red food coloring and 1 teaspoon cherry extract. For Mint Gumdrops, use the following coloring and flavoring: drops green food coloring and teaspoon mint extract.

CREAMY HORSERADISH SAUCE

Serve with meat, seafood, cold cuts or as an appetizer dip—

1 6-ounce horseradish root, pared and coarsely chopped (1 cup)
1 tablespoon brown sugar
1 teaspoon salt
⅛ teaspoon pepper
⅓ cup light cream
¼ cup vinegar
2 teaspoons prepared mustard

In blender container, combine horseradish root, brown sugar, salt, pepper, cream, vinegar, and mustard. Cover; blend thoroughly. In small saucepan, heat through, but do not boil. Chill. Makes about 1 cup.

BEST TOMATO CATSUP

1½ teaspoons whole cloves
1½ inches stick cinnamon, broken
1 teaspoon celery seed
1 cup white vinegar
8 pounds tomatoes (25 medium)
1 medium onion, chopped
¼ teaspoon cayenne
1 cup sugar
4 teaspoons salt
1 6-ounce can chopped mushrooms, drained

In small saucepan, combine cloves, cinnamon, celery seed, and vinegar. Cover; bring to boiling. Remove from heat; let stand. Wash, core and quarter tomatoes, place in large kettle. Add onion and cayenne. Bring to boiling; cook 15 minutes, stirring occasionally. Put tomatoes through food mill or a coarse sieve. Add sugar to tomato juice. Bring to boiling. Simmer briskly 1 to 1½ hours or till mixture is reduced by half (measure depth with ruler at start and end.) Strain spiced vinegar mixture into tomato mixture; discard spices. Add salt and mushrooms. Simmer 20 to 30 minutes more, stirring often. Fill hot pint jars to within ½ inch of top; adjust lids. Process in boiling water bath 5 minutes (count time after water returns to boiling). Makes 2 pints.

MANGO CHUTNEY

¾ cup sugar
½ cup chopped onion
1 medium green pepper, chopped (⅔ cup)
¼ cup raisins
1 clove garlic, minced
1 small lemon, very thinly sliced and quartered
¼ teaspoon salt

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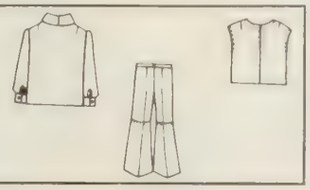
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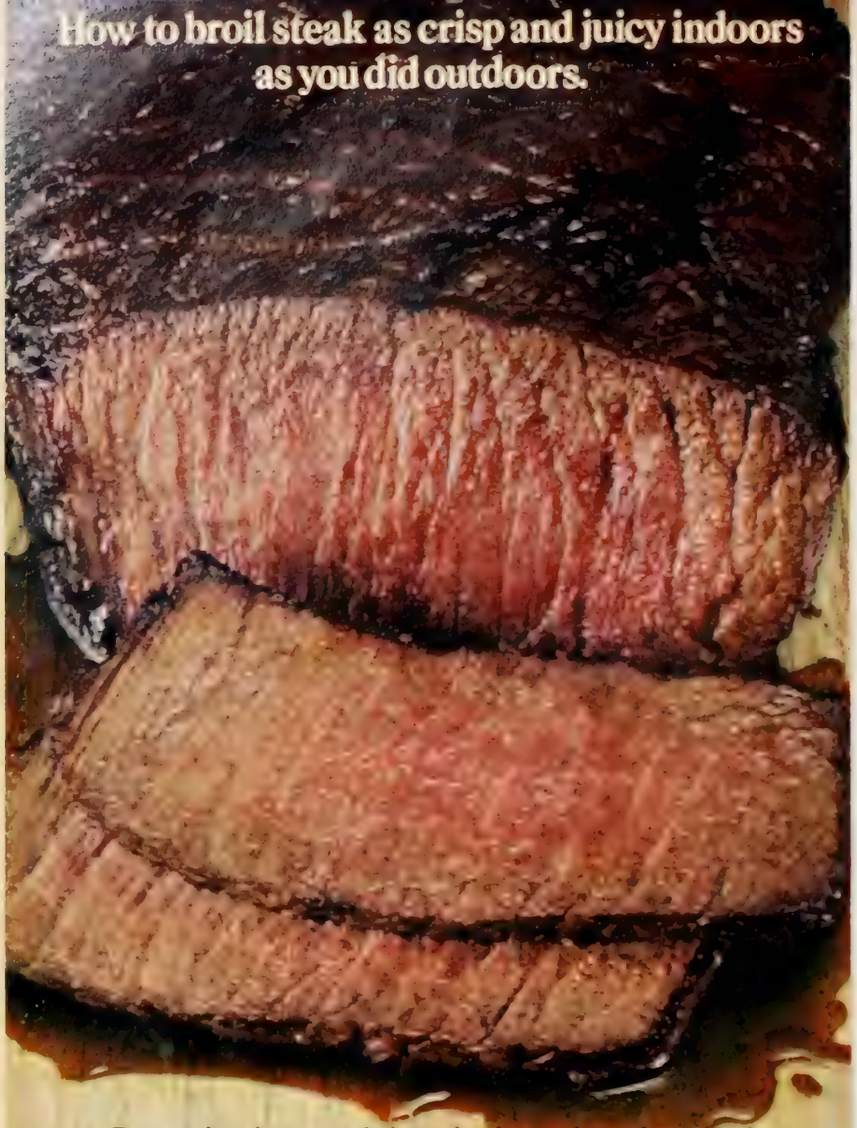


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How to broil steak as crisp and juicy indoors as you did outdoors.

Remember how good those barbecued steaks tasted last summer? Remember how you helped get them that way?

You brushed them with Kitchen Bouquet before you put them on the barbecue. You can get the same crispy brown, juicy results now...in your oven-broiler.

Just brush on Kitchen Bouquet before you broil. Its special blend with delicate herbs and spices will help give your steak a thin, crisp crust outside while it helps seal in the good meat juices inside. Just like it did on the barbecue.

So get it out of winter storage. And don't forget the sides of meat when you're brushing. Precious juices can leak out there, too.

If you're broiling hamburgers, fish or poultry, brush them, too. And for other quick tips and imaginative recipes for better eating... from main dishes to marinades, send for the free 32-page recipe booklet.



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Enclosed is my box top from Kitchen Bouquet.
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KITCHEN BOUQUET

continued

Fun food

¾ teaspoon ground cinnamon
¼ teaspoon ground cloves
¼ teaspoon ground allspice
⅛ teaspoon cayenne
1 cup vinegar
3 pounds ripe mangoes, pared and sliced (6 cups)
2 large apples, pared, cored, and sliced (2 cups)

In Dutch oven, combine sugar, onion, green pepper, raisins, garlic, lemon, salt, cinnamon, cloves, allspice, cayenne, and vinegar. Bring to boiling; reduce heat and simmer, uncovered, 15 minutes, stirring frequently. Add sliced mangoes and apples. Simmer, uncovered, till fruit is tender, about 15 minutes, stirring occasionally. Fill hot pint jars to within ½ inch of top; adjust lids. Process in boiling water bath 5 minutes (count time after water returns to boiling). Makes 3 pints.

PAPAYA CHUTNEY

A golden chutney made with fresh papaya—

3 medium papayas, peeled, seeded, and chopped (4 cups)
1 8¾-ounce can crushed pineapple, undrained
1 cup chopped onion
¾ cup packed brown sugar
½ cup light raisins
1 cup vinegar
½ cup water
½ teaspoon salt
½ teaspoon ground ginger

In large saucepan or Dutch oven, combine papaya, *undrained* pineapple, onion, brown sugar, raisins, vinegar, water, salt, and ginger. Bring to boiling; reduce heat and boil gently, uncovered, 30 minutes or till desired thickness. Fill hot pint jars to within ½ inch of top; adjust lids. Process in boiling water bath 10 minutes (count time after water returns to boiling). Makes 2 pints.

DILL PICKLED ONIONS

1 quart (1½ pounds) small onions (boilers)
¾ teaspoon crushed red peppers
3 large heads fresh dill (or 1 tablespoon dillseed per pint)
2 cups water
2 cups white vinegar
5 teaspoons salt

Cut onions into ¼-inch-thick slices; separate into rings. Pack into hot, clean pint jars. To each jar, add ¼ teaspoon red pepper and 1 dill head (or 1 tablespoon dillseed). Heat together water, vinegar, and salt; bring to boil. Pour liquid over onions filling to within ½ inch of top. Adjust lids. Process in boiling water bath 5 minutes (count time after water returns to boiling). Makes 3 pints.

SAUERKRAUT

The longer the fermentation, the sharper the flavor—

5 pounds fresh cabbage, finely shredded (24 cups)
3½ teaspoons pickling salt

Sprinkle salt over cabbage; mix thoroughly. Let stand 30 to 60 minutes to wilt slightly. Firmly



pack cabbage into clean pint canning jars, leaving 1½ to 2 inches headspace. Fill with cold water till cabbage is covered, leaving ½-inch headspace. Put on lids; screwing band down tight. Place jars on a pan as the brine may overflow during fermentation. Keep cabbage covered with brine. If necessary, add more weak brine made by dissolving 1½ tablespoons pickling salt in 1 quart water every few days. Sauerkraut is cured and ready for use in 6 to 8 weeks.

To can: Clean rims of jars; replacing lids if necessary, screwing band down tight. Set jars in a kettle of cold water. (Water should extend above jars.) Bring water slowly to boil. Process pint jars 15 minutes in boiling water bath (count time after water returns to boiling). Process quart jars 20 minutes. Makes 7 pints.

FROZEN SPICED CRAB APPLES

Cinnamon candies give crab apples a delicious flavor—

16 small, ripe unpared crab apples
1 cup sugar
1 cup water
6 whole cloves
½ cup red cinnamon candies
¼ teaspoon ground ginger
Dash salt
3 strips lemon peel, cut 1½ x ¼ inches

Remove blossom end of apples but do not remove stems or peel. In saucepan, combine remaining ingredients; bring mixture to boiling. Prick apples in several places and place, stems up, in saucepan. Return to boil; reduce heat. Cover. Cook over low heat for 5 minutes. Do not stir.

Remove from heat; cool apples completely in the syrup. Pick up by stems and pack in airtight freezer containers. Strain juice over apples. Seal, label, and freeze. To serve, thaw 1 to 2 hours before use. Makes 16 spiced crab apples.

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(top), sofas & table—Thayer . Rd. High Point, N.C. 27262. bottom) Carpet Yarn Inc., 555 st., San Leandro, Calif. 94577. rug yarn—Lopi-Icelandic wool eynolds, The Yarn Depot, 545 San Francisco, Calif. 94102. (left) Dinnerware—"Navajo" on & Co. Inc., 400 Patterson ., Carlstadt, N.J. 07072. Glass- eorgian" by Viking Glass Co., tinsville, W. Va. 26155. (Lower latware—"Spanish Court" by td Silversmiths, Oneida N.Y. blet—"Madeira" by Franciscan NTERPACE Corp., 2901 Los d., Los Angeles, Calif. 90039. Plate—"Kachina" by Inde- Stoneware, INTERPACE Corp., Feliz Blvd., Los Angeles, Calif. atware—"Navaho" stainless by nal Silver Co., Meriden, Conn. op right): Plate and casserole— on" by Lenox, Inc., Trenton, N.

top and bottom): Yarn—Co ts , 430 Park Ave., N.Y., N.Y. ight) Tooling aluminum—St fts, Inc., Box 13033, St. Louis,).
foreground): Flatware—"Aege- " by Wallace Silversmiths, Wall- Conn. 06492. All dinnerware— "Yuma," "Apache" by Inde- Stoneware, INTERPACE Corp., Feliz Blvd., Los Angeles, Calif. eft): Flatware—"Hacienda" by am Company, Providence, R.I. oreground): Glassware—"Pebble y Fostoria Glass Co., 1200 1st. undsville, W. Va. 26041. (Cen- sware—"Old Williamsburg" by Glass Corp., Bellaire, Ohio

STED RECIPES
right) Dessert & salad plates— ce" Temperware by Lenox, Inc., Meade, Trenton, N.J. 08605. (top left) Tea pot, sugar bowl, ier—"Bandero" by Metlox Mfg. pytrail Artware Div., 527 W. St., Los Angeles, Calif. 90266. left): Glass container—Libbey , Div. of Owens-Illinois Glass ns-Illinois Bldg., 405 Madison edo, Ohio 43604. (Top right): sh—"Mist" by Dansk Designs, io Circle Rd., Mt. Kisco, N.Y.



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This is a family that gets a lot out of life. They work hard and play hard. All day long. And they build up quite an appetite.

A family like this needs a lunch that can really stay with them.

That's where Dinty Moore comes in. Dinty Moore Beef Stew contains the same good things you'd expect in a good dinner. Meat, potatoes, carrots and a good meat gravy with bits of beef right in it. Mmm!

A meal like this really satisfies, just like a good dinner. It's just more convenient.

So you can have it for lunch.





Hormel
FINE FOOD PRODUCTS

FAMILY FOOD IDEAS

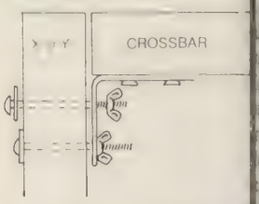
begins on page 68

American Southwest crafts

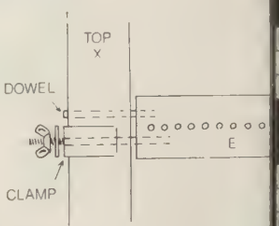
Woven rug page 68
Nail frame loom how-to
Materials: 2x2s—four 6 feet long, four 3 feet long, one 40 inches long; 4 sets right-angle corner braces, 2 strap hinges, sixteen 2-inch stove bolts with washers and wing nuts, 300 #17 1½-inch finishing nails, 36-inch length of lightweight chain with four screws, 4 rubber bumpers with screws, 2 U-clamps made of scrap metal, epoxy cement, inch dowel, white glue, 22 screws.



1. Assemble loom back, usi foot 2x2s for uprights (Y foot 2x2s for top (C) and ter (B) crossbars, and 40 piece (A) at bottom. To loom easy to dismantle, use ner braces and wood screw crossbars and bolts and wing on uprights. (see sketch). I back will be about 2 inches er than front.



2. For tension adjustment loom front, cut a ¼-inch slo inches long through X pi starting 3 inches from bot Drill holes at ends of slot then cut with circular or saw. On D and E, make saw ¼ inch deep down entire le (centered). Mark every ¼ and pound in nails halfway. white glue over nails to pr split wood.



3. Fasten D to uprights, u corner braces. Fasten E to rights, using dowel and bo fit tension slot (see sketch). dowel and bolt in place epoxy. Make U-clamp of ⅛ metal ½x5 inches and drill in center to accept bolt. A clamp over bolt and side of f to prevent E from rotating u warp tension.

4. Join loom front to back strap hinges at top. Attach bu ers on bottom of uprights. S 18-inch chain to X pieces



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Summertime Treats

made with Kellogg's Rice Krispies

Tasty treats that Snap! Crackle! Pop!™ with refreshing fun for hot summer days. You whip 'em up quick 'n easy with Kellogg's® Rice Krispies® cereal, vanilla ice cream, and your favorite fruits.



COOKING WITH Kellogg's

MALLOW-CRUNCH TARTS

In 2-quart saucepan, melt 2 tablespoons regular margarine, or butter, and 20 regular marshmallows (fresh) over low heat, stirring constantly until mixture is smooth and syrupy. Remove from heat. Stir in 2½ cups KELLOGG'S RICE KRISPIES cereal, mixing until well coated.

Portion mixture into 8 buttered 6-ounce custard cups or 3-inch muffin-pan cups. With buttered spatula form into tart shells. Let stand until firm.

Whip 1 cup whipping cream and 2 tablespoons sugar until soft peaks form; fold in well-drained, 10-ounce package thawed frozen raspberries.* Just before serving, remove tart shells from cups; fill with whipped cream mixture. Garnish with additional fruit.

YIELD: 8 servings

*Other sweetened fruits, fresh, frozen or canned, may be used in place of raspberries.

PEANUTTY-CRUNCH PIE

In bowl, mix ⅓ cup peanut butter and ⅓ cup corn syrup until thoroughly combined. Add 2 cups KELLOGG'S RICE KRISPIES cereal; mix until well coated. Press mixture evenly and firmly around sides and in bottom of buttered 9-inch pie pan. Chill until firm.

Spread 1 quart slightly softened vanilla ice cream evenly in pie shell. Freeze until firm. Cut into wedges to serve; top with peach slices or other fresh fruit.

YIELD: 8 servings

TEENY-POPPER PARFAITS

1 cup KELLOGG'S RICE KRISPIES cereal, 1 pint French vanilla ice cream, slightly softened.

Starting with Rice Krispies, alternate layers of Rice Krispies and ice cream in parfait glasses. Top each parfait with sweetened whipped topping and a cherry. Serve immediately.

YIELD: 4 Teeny-Popper Parfaits

FAMILY FOOD IDEAS

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ches from top and to Y pieces inches from top.

eaving how-to

aterials: 2 pounds (1,130 rds) white mill-end carpet yarn any 3-ply heavy wool carpet rn (for warp), large tapestry edle, 17 3.6-ounce skeins sin-e-ply heavy wool yarn—6 dark ay, 6 light gray, 3 red, 2 white. ze: about 3x5 feet (without nge).

To warp loom, tie one end of rpet yarn to nail at frame's top t corner. Keep an even tension d pull yarn taut, carrying it to me nail at bottom. Wrap yarn ound nail and return to second p nail. Continue up and down om left to right, covering all ils, and tie off at bottom right. epeat process so each nail is apped twice. If you run out of rn, add a new piece only at top bottom of frame.

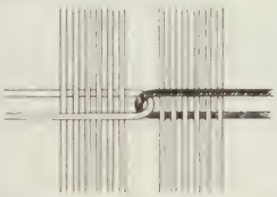
For weft (crosswise threads), eak off 5-6 yard length of sin-e-ply yarn and make a double rand. (Breaking allows ends to worked in easily.) Wrap dou-e strand around hand in a fig-e eight to make butterfly to eave with (see sketch).



Begin weaving 3¼ inches from ils at bottom right (this unused arp makes the rug fringe). ount 6 warp threads and start eaving over and under with dark ay weft, 6 threads at a time. ou'll have 3 bundles of 6 threads each inch of weft. Keep outer lges straight—don't pull weft so ghtly across that weaving pulls in. After each weft stitch, beat yarn into straight line with your fingers.

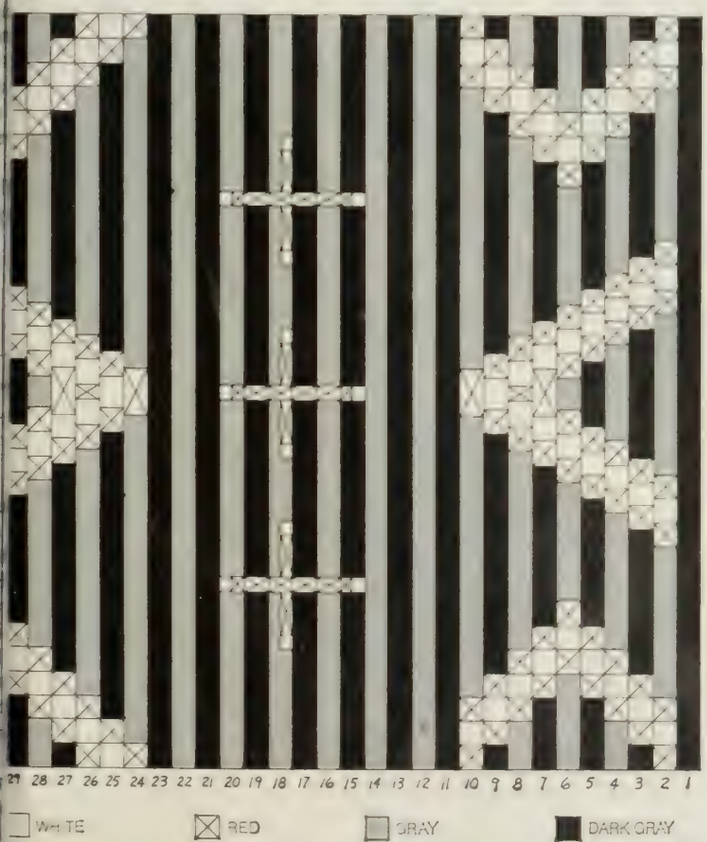
4. When you reach left edge, wrap yarn around outer warp thread and continue weaving back to right edge, under 6 warp threads, over 6. First row of stitches at bottom of chart represents double strands of woven weft in dark gray. Sketch shows half a rug. Top half is a mirror image of sketch, so row 30 would be a repeat of 28, 31 of 27, and so on. Check row-by-row stitch section for exact color changes.

5. Second row will include new colors. To add these, make butterflies of the colors and add as indicated, always using a double strand. As you finish a color, pick up the next and cross yarns to prevent a split in weaving (see sketch). When adding new length of same color, do not knot, but weave end of new yarn in over last 3-4 stitches.



6. Continue weaving according to chart and row-by-row stitch count to within 3¼ inches of top nails. Before removing from frame, thread tapestry needle with a strand of dark gray weft yarn and overcast last two weft rows to each warp bundle at top and bottom. Release tension bar and remove rug from nails. Gently steam wrong side and clip

continued





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(And vice versa.)

Leave it to the Jolly Green Giant to get all these great tastes into one delicious dish! New Scalloped Corn Casserole. Golden sweet corn blended and baked with mellow cheddar cheese and bits of real bacon. Frozen in a handy bake 'n serve decorator tray.

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FAMILY FOOD IDEAS



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Dealer: As our agent, redeem this coupon for 7¢ on the purchase of one package of any Green Giant frozen Vegetable Casserole. Mail this coupon to Green Giant Company, Box 90, Le Sueur, Minnesota 56058. We will then pay you 7¢ plus 3¢ handling. This offer void in any state or locality where taxed, prohibited, or restricted by law. Fraud Clause: Any other application of this coupon constitutes fraud. Invoices proving purchases within 90 days of sufficient stock to cover coupons presented for redemption must be made available upon request. Offer expires January 31, 1974.

32-138

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Help him remember his mother's baked beans and he'll never forget yours.



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B&M costs a little more because they're made the same way. With thick, rich, dark brown sugar sauce that's been really baked into every bean for hours and hours in real brick ovens. Heat up a can of B&M baked beans. They won't bring back the good old days. But they will give him a little taste of them.

B&M. The taste you never forget.



FAMILY FOOD IDEAS

continued

American Southwest crafts

long stray ends.

Row-by-row stitches

Key: g (light gray) dg (dark gray), r (red), w (white), rwr (3 red, 3 white, 3 red).

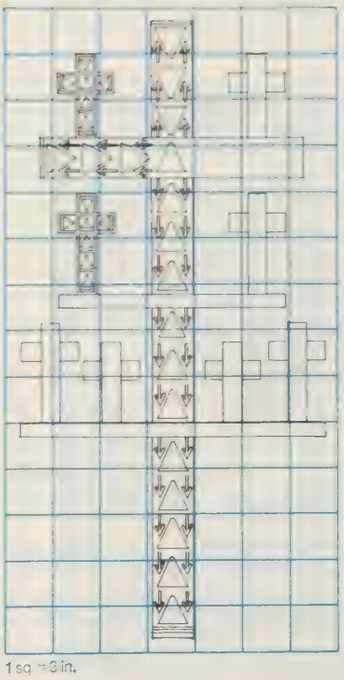
Row 1: 94 dg. *Row 2:* rwr, 19g, rwr, 20g, rwr, 19g, rwr. *Row 3:* 3dg, rwr, 18dg, rwr, 16dg, rwr, 18dg, rwr, 3dg. *Row 4:* 6g, rwr, 17g, rwr, 12g, rwr, 17g, rwr, 6g. *Row 5:* 9dg, rwr, 16dg, rwr, 8dg, rwr, 16dg, rwr, 9dg. *Row 6:* 12g, rwr, 15g, rwr, 4g, rwr, 15g, rwr, 12g. *Row 7:* 9 dg, rwr, 20 dg, 3r, 3w, 6r, 3w, 3r, 20 dg, rwr, 9dg. *Row 8:* 6g, rwr, 25g, 3r, 3w, 2r, 3w, 3r, 25g, rwr, 6g. *Row 9:* 3dg, rwr, 30dg, 3r, 4w, 3r, 30dg, rwr, 3dg. *Row 10:* rwr, 35g, 6r, 35g, rwr. *Row 11:* 94 dg. *Row 12:* 94g. *Row 13:* 94 dg. *Row 14:* 94g. *Row 15:* 22dg, 2w/r, 22dg, 2w/r, 22dg, 2w/r, 22dg. *Row 16:* 22g, 2r, 22g, 2r, 22g, 2r, 22g. *Row 17:* 22dg, 2r, 22dg, 2r, 22dg, 2r, 22dg. *Row 18:* 15g, 2w/g, 5r/g, 2r, 5r/g, 2w/g, 8g, 2w/g, 5r/g, 2r, 5r/g, 2w/g, 8g, 2w/g, 5r/g, 2r, 5r/g, 2w/g, 15g. *Row 19:* 22dg, 2r, 22dg, 2r, 22dg, 2r, 22dg. *Row 20:* 22g, 2w/r, 22g, 2w/r, 22g, 2w/r, 22g. *Row 21:* 94 dg. *Row 22:* 94g. *Row 23:* 94dg. *Row 24:* 3r, 41g, 6r, 41g, 3r. *Row 25:* 3w, 3r, 36dg, 3r, 4w, 3r, 36dg, 3r, 3w. *Row 26:* rwr, 31g, 3r, 3w, 2r, 3w, 3r, 31g, rwr. *Row 27:* 3dg, rwr, 26dg, 3r, 3w, 6r, 3w, 3r, 26dg, rwr, 3dg. *Row 28:* 6g, rwr, 21g, rwr, 4g, rwr, 21g, rwr, 6g. *Row 29:* 9dg, rwr, 16dg, rwr, 8dg, rwr, 16dg, rwr, 9dg.

Straw cross design page 68

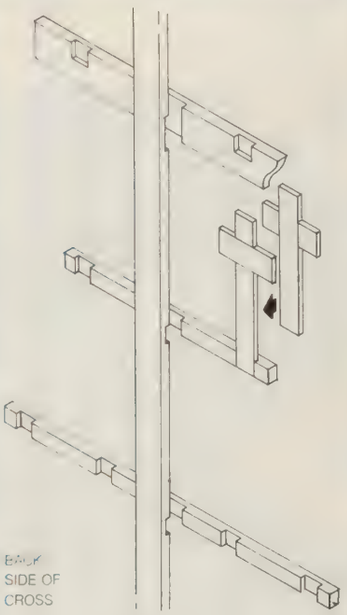
Materials: 1x1s and 1x3s of redwood, flat black paint, white glue, wood chisel, craft knife or single-edged razor blade, satin-finish liquid plastic, small bag nesting straw (found in feed stores). Size: 20x40 inches.

1. Use 1x3s for main cross, 1x1s for small crosspieces, and ¾x 1¼-inch wood for small crosses (cut from 1x3s if you have a power saw; otherwise, use ¼-inch wood and glue two pieces together, as shown in drawing). Top crosswise piece is 17 inches, middle is 15, bottom is 20, vertical piece is 40. Small crosses are 3⅝x6½ or 7½ inches; if you use ¾-inch wood for them, chisel 1 inch from bottom of each to lap with crosspieces.

2. Cut out and chisel all parts according to drawings. Sand smooth and apply two coats of paint. Assemble all small parts but do not fasten to major pieces until they're decorated.



3. From straw, select pieces of same size and cut off joints. Put in rustproof container, cover with boiling water, and soak for 20 minutes. Or, place in water and soak overnight. Place straw on hard surface and flatten with fingers. Cut in half lengthwise.

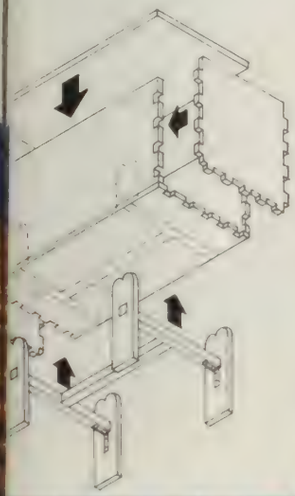


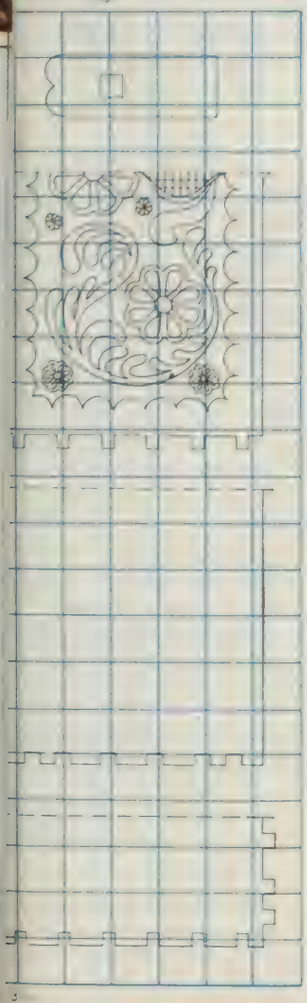
4. Draw pattern units on paper or cardboard, lay straw on pattern, and cut to desired length. For stair-step sections, glue straw to a vertical "holder" piece of straw on back, then glue whole design on wood. When gluing, make sure entire length of straw is coated.

er ends of arrow motif and
o wood. When outlining
of small crosses, make
full length of edges, then
corners. Variation in straw
is fine, but try to keep
of units uniform.
er all designs are glued on,
small crosses to large and
using brads if necessary.
ntire unit with clear plastic
nes, letting dry completely
en coats and sanding with
ndpaper. Straw will appear
under plastic.

en chest page 68

ials: ¾-inch pine, 4 iron
, wood stain, hinges, skew
s, gouges, white glue.
chest front to 18x36 inches
draw on design (double





inued

Eyes on Potatoes!

No matter what kind of dinner you're planning, French's offers the right kind of potato dish to make a square meal of it. Choose French's au gratin, scalloped, or their famous instant mashed. All easy, quick—and delicious. And don't forget the gravy. French's new Gravy Makins is ready in a minute; comes in eight hearty flavors.

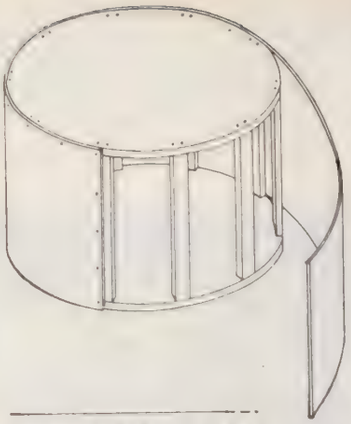
French's introduces the 60 second gravy.

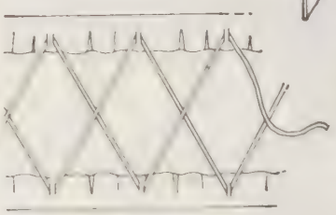
New French's Gravy Makins is as good as it is fast! Now you can make homemade-tasting gravy in just sixty seconds. Because all you need is boiling water! No cooking, no waiting. Stirs instantly into rich, smooth, great tasting gravy. There are eight flavors, one for every kind of meat. So try French's great new Gravy Makins. It only takes a minute.

French's
GRAVY MAKINS
BROWN
GRAVY MIX
NEW!
JUST ADD TO BOILING WATER

French's
we make your life delicious







(You could substitute leather-like vinyl.) Using widest setting, sew patches together, in a zigzag stitch, butting edges.

4. Apply glue to both strip and drum side, except 4 inches on either side of seam. Hand-smooth strip to drum. Trim overlap to make a neat seam, glue both surfaces, and press in place. Let d thoroughly.

5. For base and top, cut 29-inc diameter circles of leather. each circle, cut two ¾-inch-lo parallel slits (⅜ inch apart starting ⅜ inch from circumfe ence. Pairs of slits should be 6 inches apart around entire circ

6. Place circles on top and ba with even overhang, aligning sli Lace together, following sket using latigo strips and slici where necessary with a rivet heavy stapler. To keep leath overhang in place, spray dru and sections of inside overha with adhesive. Make small plea with fingers and press again drum until bonded.

Place mat and runner page 70

Materials (for one place m and two runner borders): skein each of red, green, black ply washable wool knitti worsted; ¾-yard linen or hom spun fabric, large tapestry needl

1. Find the straight of the gra on your fabric by pulling lengthwise thread near the s vage. Cut along the thread car fully then cut the place mat fa ric to 13x18 inches. Draw on th

continued on page 116

Foods need Accent like flowers need water.



Accent is nature's own flavor enhancer. It helps restore the good, natural flavor many foods lose on the way to your kitchen, just as water helps restore the natural freshness of a cut flower.

Use Accent generously, according to directions, and bring out the best in meats, poultry, vegetables, seafoods, salads—almost everything you cook.

Accent does for the flavor of foods what water does for the beauty of flowers.

continued

American Southwest crafts

sketch for entire design). Outline design with sharp chisel or knife to create relief effect (ours is about ⅛ inch deep). Use a gouge to remove background wood, or power tool if you have one.

2. Assemble chest from pine to make lidded box 17x36x18 inches high. Use finger-jointed construction and glue all joints. Hinge top and sand whole chest.

3. To make leg assembly, cut four 4x11-inch legs from pine and scallop top edges. Legs are attached to stretchers with angle irons. Stretchers are 18½ inches long and attached to center of legs. Check placement of legs, matching scallops on chest front, and cut center brace to fit between stretchers (ours was a 2x2 about 38 inches long). Dowel and glue brace to stretchers.

4. To attach leg assembly to chest, check placement of legs, matching scallops on chest front. Screw down through bottom of chest into leg stretchers to fasten. Stain entire chest and leg unit and seal with clear finish.

Drum table page 69

Materials: ¾-inch plywood, 1x2s, ⅛-inch tempered hardboard, cowhide leather, white glue, spray adhesive, about 24 feet of ⅜-inch latigo lacing. Size: 16x24 inches.

1. For table base and top, cut two 24-inch-diameter discs of plywood and divide circumferences into 7½-inch segments. Cut ten 1x2s 14½ inches long and nail and glue between discs at marks.

2. Cut hardboard to 16½x77 inches and submerge until pliable (about 1 hour). Center short end over middle of any 1x2 so hardboard overlaps discs ¼ inch. Nail in place, making sure strip wraps around evenly. Saw off overlap and nail down last edge to first 1x2. Sand or rasp rough surfaces.

3. Side of table requires 16½x 77-inch strip of leather or the equivalent in rough-out scraps.

Flower container from the kitchen

isposable pans will serve nicely for all sorts of summer flower rangements. We've used an angel cake pan and two gelatin olds—but experiment with pie, loaf, and pizza pans, as well. ney also lend themselves to poster paint decorations.

Photographs: Hopkins. Designer: Yoshie Tobe



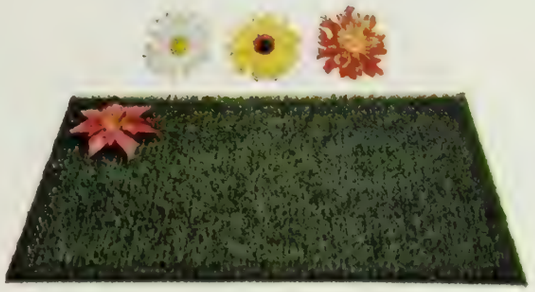
full arrangement of summer phlox shows off to advantage a gold foil cake pan placed on a footed wooden stand. Fill the in with plastic foam secured to the bottom with a few dabs posy clay. Cut stems to varying lengths and insert in an al design. When flowers have wilted, you can throw both in and posies away without any messy cleanups.



pair of fluted gelatin molds create an elegant centerpiece r a midsummer table. Fill with shredded plastic foam and ater. Insert two hollyhock blooms and leaves cut at different ngths in one pan and one flower with bud in the second. To chieve a triangular design, place one pan on a high footed and and move the second container into place as shown.



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Photograph: George Bush

end-of-the-road vacations in canada

By Tony Swan, Western Travel Editor, and George Bush, Editor-at-Large

In America, the word "wilderness" has come to mean parklands tiny islands of a prehistoric yesday scattered across a land it's in pursuit of tomorrow. But Canada, wilderness means today. Well over half of this enormous country has managed to remain in its primitive state, with only the rare comings and goings of a few Indians, Eskimos, and trappers to punctuate the silence.

It doesn't take as long as you might think to reach the Canadian frontier. Our northern neighbors, some 20 million strong, live mostly in a narrow strip along the border. Beyond this band of civilization lies vast virgin land, bigger than all the United States, where the only reminders of the 20th century are the faraway bumblebee droning of the bush pilot, an occasional stretch of railroad track sweeping off into some lonely convergence, and the inquisitive thrusts of a small number of gravel highways.

In the more remote regions, the last stretch of road takes you into a North America that dates back to the last Ice Age. In less distant areas, the end of the road may not be synonymous with primeval isolation, but it's certain to lead you to a pleasant, peculiarly Canadian adventure, the sort of summer quest that can become a treasured memory. In addition to tranquility such as you've never known before, you'll find superb fishing, waters often warm enough for swimming, and an abundance of fascinating wildlife.

This article describes seven of the most appealing wilderness vacation spots in Canada—five reached by road, the other two by rail—spread across the continent from Vancouver to Newfoundland. They all provide an unusual kind of family adventure, with plenty of diversions en route.

1

Vancouver's Pacific Rim

In British Columbia, the road—nd the continent—end on the uthwest side of Vancouver Isnd, where a stubborn, rock-ribbed ast defies the Pacific Ocean. This gged stretch of shore was a road's d—a grim one—for a long time, most two centuries, before a ghway, British Columbia-4, was unched through the Mackenzie ange from Alberni to the Esoista Peninsula. Captain James ook, the first European to visit e area, found good weather when tiptoed in with *HMS Resolution* in 1778, but since then the sharp granite teeth of the island's weather side have gobbled up over 240 ships, sail and steam alike. A captain caught off this lee shore in a blow looked to his life preservers, and the area came to be known as the "Graveyard of the Pacific."

The nickname seems absurd to today's visitors, who get their first look at the glorious southwest coastal area from the comfort of their cars rather than the quarterdeck of a beleaguered vessel. What they see is a land that seems to be in the grasp of wizards. When there is fog on the coast, gentle gray fingers of mist ride over the spires of the Mackenzies, greeting visitors about halfway down the 67-mile trek from Alberni to the peninsula. On clear days, the sun highlights lake-dotted sweeps of western red cedar spread between the mountains, and a seashore teeming with life.

Whatever your taste in outdoor activities, you'll find it here in abundance: miles of beaches; rocky pools full of anemones and other tidal dwellers; plush, mossy rain forest; 4,000-foot mountains, and hundreds of sheltered coves and inlets sprinkled with rocky little islets where sea lions hold their raucous debates.

A substantial part of the peninsula, including most of its beaches and Kennedy Lake, Vancouver Island's largest freshwater body, are protected by Pacific Rim National Park, one of Canada's newest. The park is split into three main area —Long Beach, the Broken Island

continued









Photographs: Fred Lyon

Group, in Barkley Sound, and the undeveloped West Coast Trail area, from Bamfield to Port Renfrew. There are free interpretive programs, including conducted hikes and illustrated talks. The park is open year-round, but most of its services are operative only during the "season"—May to September. Stop in at the park visitors center—it's on your right, when you reach a T intersection on B.C.-4—or write the park superintendent at Ucluelet, British Columbia, for additional information.

While there is enough outdoors on the peninsula to keep you and your family busy almost indefinitely, there is also the convenience of two small towns, Tofino (toh-FEE-no) and Ucluelet (yew-CLUE-let) on the northwest and southeast tips of the peninsula, about 26 miles apart. They are as appealing as the celebrated seaside communities of Maine, and as alike as bookends. Fishing boats chuff busily in and out of the sheltered harbors all day long, and there are several intriguing shops and restaurants.

If you want to do some serious beachcombing on some of the small islands, or closeup viewing of some of the area's exposed shipwrecks, you'll find boat rentals available in both of these towns at reasonable rates. There are many miles of protected waterways in the area, and you'll see the coast exactly as it appeared to Captain Cook: green, rugged, enduring.

An exciting shortcut to seeing the little-visited world of the coastal coves and mountains is aboard a floatplane. McCully Aviation Ltd. operates sight-seeing excursions out of Tofino for $5 per person, two passengers minimum. Go to the foot of First Street in Tofino, or write 500-12th Avenue North, Port Alberni, B.C. The Tofino telephone number is 725-3372.

Motel accommodations are readily available in both Tofino and Ucluelet, but the area is becoming increasingly popular with vacationers in the general Vancouver-Seattle area and advance reservations are a good idea. Rates start at about $12 for a double room. Campsites exist in abundance, particularly on Long Beach, where you can drive out onto the hard-packed sand, but during the peak months of July and August you may find yourself at close quarters with other campers.

Getting to the Esowista Peninsula can be an important part of the fun of your holiday. If you don't mind adding about 70 miles to your trip, Victoria makes a nice port of entry for the island; you'll enjoy driving through this decorous, garden-dotted little city. The best ferry trip is the four-hour Seattle-to-Victoria outing operated during the summer by C. P. Steamships. The ferry makes one round trip daily. One-way fares are $8 per automobile, $6.50 per person. Black Ball Ferries operates four trips daily from Port Angeles, Washington (on the Olympic Peninsula) to Victoria, charging $7 per automobile, $2.50 per person. The quickest and least expensive trip is aboard B. C. Ferries out of either Tsawwassen Beach, 23 miles south of Vancouver, or Horseshoe Bay in West Vancouver. Via Swartz Bay you can reach Victoria (hourly departures in summer) or Nanaimo, 70 miles closer to your destination (departures every two hours and 30 minutes). Fares for both Victoria and Nanaimo are $5 per auto and $2 per person.

For further information, write the British Columbia Department of Travel Industry, 1019 Wharf Street, Victoria, British Columbia, Canada. For B. C. Ferries information and schedules, write B. C. Ferries, 816 Wharf Street, Victoria.

2

Yukon wilderness

Like so many places far away from New York City, the Yukon has been romanticized almost beyond recognition. The Radio City version of Yukon history was based on the bigger-than-life figures of Sergeant Preston and Yukon King mushing through a weekly tapestry of sourdough miners, claim jumpers, trappers, and general all-around desperadoes who always seemed to be named Frenchy. With a furious accompaniment of howling wolves and whistling blizzards, Preston and King made their way over the airwaves and into the hearts of a generation of Americans, selling countless tons of breakfast cereal and incidentally creating a murky and overblown U.S. consciousness of this remote and lovely corner of Canada.

Sergeant Preston and his famous dog are gone now, as are all the veterans of the 1898 Klondike gold rush, characters who gave rise to the weekly radio adventure series. They've been replaced by a new set of adventurers, vacationers rumbling along the territory's gravel highways to explore a 200,000 square-mile wilderness that has scarcely been scraped by man.

The four roads' ends that follow one of them dipping down into British Columbia, will give you a good cross section of the experiences that await families visiting the Yukon. The range runs from the historic sight-seeing of Atlin, B.C. and Dawson City, to the sweeping, open country at the end of the Dempster Highway. Scenery—low mountains, lakes by the hundreds, thick forests, and abundant wildlife—is as close as a window or tent flap, and adventure isn't far beyond.

Atlin, British Columbia, near the south end of Yukon Highway 7, is pegged as one of Canada's great resort areas of the future, but for the time being looks much as it did in 1898 after Fritz Miller and Kenny McLaren discovered gold on the east shore of Atlin Lake. Log cabin architecture and 70-year-old buildings are the rule, and there's plenty of exploring to do. You'll find cabin accommodations and camping, plus a well-stocked little museum, and a ten-minute walk south of town will take you to an old Indian cemetery. There's another cemetery about one mile northeast of Atlin, its wooden headboards commemorating the gold rush pioneers who made the town boom between 1898 and



1910. The pioneer graveyard is on the road to the Spruce Creek gold diggings and the ghost town of Discovery. Some $25 million in gold came out of a four-mile stretch of the creek during the boom days, and mining operations are again in progress. Discovery, six miles northeast of Atlin, is a connoisseur's ghost town, with an interesting accumulation of steam mining leftovers scattered about behind the rickety main street buildings.

If you're a canoe explorer, the Atlin area could occupy months of your time. Atlin Lake is one of British Columbia's biggest, and connects with several other lakes, making for some 300 miles of waterways. There are some big lake trout and Arctic grayling awaiting Atlin Lake anglers. Boats, motors, and guides are available at Atlin Fish Camps (phone 343) in Atlin.

If you don't have time to take advantage of all of Atlin's pleasures, the trip is worthwhile even as a one-day outing. It's a beautiful drive south along the east shore of Lake Atlin, 61 miles from the junction with the Alaska Highway, then another 52 west on the Alaska Highway to Whitehorse.

Whitehorse is a handy base for another road's-end trip, this one branching off the Alaska Highway 98 miles west of the city and winding up at the north tip of Aishihik Lake. The drive along the lake to the end of the road is another eye-pleaser, but if you want to camp, the most spectacular place to be is at Otter Falls, the drain at the south end of the lake, about 18 miles north of the Alaska Highway junction. There is great hiking in the area, and lake trout, grayling, and northern pike inhabit the lake. You can pick up your Yukon nonresident fishing license ($10 for season, $3.50 for five days) in Whitehorse.

Fishing is one of the principal attractions for visitors to the Mayo-Elsa area, about 253 miles north of Whitehorse, but travelers who go to the road's end on the Keno hill are in for some really splendid scenery. When you reach the top of the hill, via a somewhat rocky, winding road, you'll understand why mountain climbers climb mountains. The view in every direction is limitless, and if you visit toward the end of summer the scrub willow that carpets the hillsides lends bold splashes of gold to the landscape.

If you decide to drive up the Dempster Highway, scheduled for completion in 1974, there is the added treat of using Dawson City as a base. Dawson City was *the* Klondike gold rush town, its 40,000 bonanza-seekers of 1898 making it the largest city north of San Francisco and west of Winnipeg. Much of the town dates back to the days when George Carmacks, Tagish Charley, and Skookum Jim started the greatest gold rush in history with their Bonanza Creek claims, and you can visit the old digs, last worked in 1966. Between 1896 and the 1966 shutdown, some $300 million in gold was taken out of the creeks near Dawson City, and there are gold dredges and miners' shacks still in place.

The Dempster Highway, which begins 26 miles east of Dawson City, penetrates some of the Yukon's wildest scenery, particularly north of Blackstone Pass in the Ogilvie Mountains. Once you're over the pass, you'll be on the north slope of the North American continent, with all the streams draining into the Arctic Ocean. Awaiting fishermen in many of these streams are grayling, which local experts say have somehow acquired a taste for marshmallows.

Future plans for the Dempster include a linkup with a road being driven south from Fort McPherson, across the Arctic Circle in the Northwest Territories, but for the time being the only services available on this excellent gravel road are 123 miles from the Dawson Highway at the Ogilvie River Bridge, where gasoline, oil, meals, and lodging can be found. There are also campgrounds at mileposts 45 and 150.

An important thing to remember in budgeting for a Yukon trip is the enormous distances involved, not only in excursions from bases such as Whitehorse or Dawson City, but in getting to the Yukon Territory itself. It's 919 miles from the beginning of the Alaska Highway in Dawson Creek, British Columbia, to Whitehorse, and another 368 from Dawson Creek to Edmonton, Alberta. All but about 80 miles of the Canadian portions of the Alaska Highway are gravel, and service stations grow increasingly sparse as you go northward.

For travelers coming from the western states, it's about 731 miles from Vancouver, via Trans-Canada-1 and BC 97, to Dawson Creek and the junction with the Alaska Highway. An alternative to this long drive to Whitehorse is aboard the ferries of the Alaska Marine Highway system, from Seattle to Haines, Alaska. The ferry ride makes for a pleasant tour in itself, and will leave you with a comparatively short 226-mile drive to Whitehorse. Adult fare Seattle to Haines is $61, with children under 12 charged half fare and children under six admitted free. The Seattle to Haines fare for a vehicle under 20 feet in length and six-feet-five in height is $226.

However, if you're making your trip in a very large camper or motor home, the fares quickly become prohibitive—$622 for a 31- to 35-footer, $879 for a vehicle 51 to 55 feet.

June through August is generally "the season" in the Yukon, with fall coming on at the end of August.

The Yukon Department of Travel and Information, Box 2703, Whitehorse, Yukon Territory, has brochures and maps available upon request, and an absolutely indispensable aid for the Yukon or Alaska traveler is *The Milepost*, an annually updated north country guide currently in its 25th edition. *The Milepost* sells for $2.95, $1 more if you want it by airmail. Write *The Milepost*, Box 4-EEE, Anchorage, Alaska 99509.

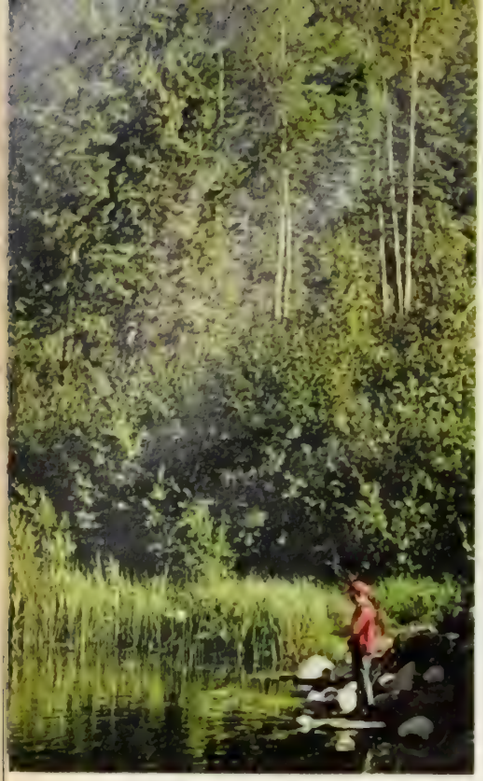
3

Prince Albert Park and Lac La Ronge, Saskatchewan

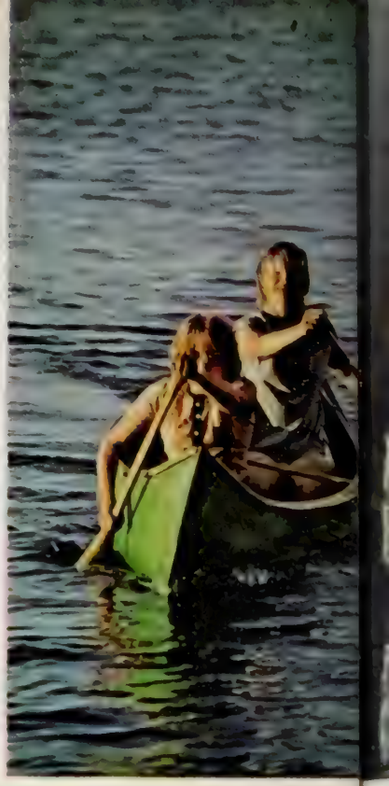
About 180 miles north of the Saskatchewan-North Dakota border, the vast prairies and wheat fields that typify the border regions give way abruptly to a sparkling land of lakes and woods. The road Saskatchewan-2 doesn't end here, properly speaking, but when the pavement stops you'll find yourself at Prince Albert National Park, Canada's seventh largest, and once you've seen it you may decide to stop too.

Prince Albert, Saskatchewan's only national park, offers a full range of family vacation experiences, from swimming and water skiing to 150 miles of hiking trails and wildwoods backpacking. If your concept of roughing it includes a roof over your head and

continued







restaurants nearby, there's the park's central village of Waskesiu, where you'll find motels and cabins, stores, a post office, restaurants, coin laundries, boat cruises aboard a colorful stern-wheeler replica, tennis, riding stables, golf, boat and canoe rentals—almost every vacation diversion you can think of, and some you can't.

But Waskesiu's shops and facilities, plus adjacent campgrounds and cabins, occupy only a small corner of this 1,496-square-mile preserve. If you want to slip into the green hush of the park's aspen and spruce nether regions, far from any sign of civilization, you'll soon find yourself sharing the trails with the park's wild creatures and few others. There are deer, moose, elk, black bear, woodland caribou, mink, marten, foxes, lynxes—and, in the deeper reaches of the spruce forests, even the odd gray wolf. Some 175 species of birds have been recorded in the park, and a wide variety of game fish may be found in many of the park's myriad lakes.

However, if fishing is your primary interest, you'll have better luck at the end of Saskatchewan-2, at Lac La Ronge, 93 miles north of the park's main entrance. Until recently this big lake was known only to fishermen who could afford to fly in aboard floatplanes, but the completion of the broad gravel highway from the south has made the lake and its principal settlement of La Ronge an up-and-coming resort area.

La Ronge, population 974, is where most visitors push off for the more remote areas, either on the periphery of Lac La Ronge itself, or north along Saskatchewan-102, which finally winds up at the Indian reservation of Southend on the south tip of Reindeer Lake. But you don't have to go all the way to road's end to find the big lake trout, northern pike, and walleyes this area is famous for. You can find accommodations, guides, and advice in La Ronge, as well as all the supplies you'll need.

There's a variety of lodging and boat rental deals, but as a rule of thumb you should shop for packages that include boats, motors, cabin, and meals in the $15 to $20 per person per day range. Cabins can be found as low as a flat $6 per day, and campsites—there are several of them scattered along the northwest shore of Lac La Ronge—are as low as $1 per day.

If fishing isn't a passion shared by everyone in the family, the proximity of Prince Albert Park and Lac La Ronge makes for a nice compromise between fishermen and non-fishermen. While the former pursue the denizens of Lac La Ronge, the latter can enjoy the many diversions of Prince Albert Park, where lodging is almost as inexpensive as it is farther north. Double rooms start at about $7.50, and campsites go as low as $1.50 per night.

The season at Prince Albert Park and Lac La Ronge runs from mid-May through September.

A must for Saskatchewan travelers is the definitive *Saskatchewan Travel Guide*, available free at Saskatchewan ports of entry or through the Saskatchewan Tourist Development Branch, SPC Building, Regina, Saskatchewan, Canada. The Tourist Branch also publishes helpful guides to fishing, hunting, and provincial parks, and all of them are available free.

4

Manitoba Outpost on Hudson Bay

Churchill isn't exactly the sort of place you'd expect to find at the end of a wilderness railroad on the southwest shores of Hudson Bay. For one thing, it has a skyline—the first sign visitors see of the town is its five-million-bushel grain elevator. It also has a range of services—hotels, motels, garages, a music center, radio and TV stations—normally associated with towns much farther south. And it's in the middle of a multimillion-dollar redevelopment program. Yet there it all sits, perched atop the rocks fringing the mouth of the Churchill River on the edge of nowhere.

The Danes were the first Europeans to visit the Churchill River, Captain Jens Munck's ill-starred expedition sailing into the mouth of the stream in 1619. But only three of Munck's 60-man party survived the ensuing winter, and it was another 70 years before the Hudson's Bay Company built its first post five miles upriver. A fire leveled the first building a short time after its completion, and in 1717 the company moved closer to the current site of Churchill.

Even in those early years Churchill had its oddities, such as Fort Prince of Wales, a stone fortress that took the English 11 years to complete. With walls 42 feet thick, the fort was designed to withstand almost anything, yet surrendered to the French in 1782 without firing a shot.

Visitors can tour the partially restored remains of the fort, which is now part of a 50-acre Canadian national historic park.

Churchill's Eskimo Museum, housed in the Catholic Mission, is another favorite with visitors, and the town has several shops featuring Indian and Eskimo handcrafts. If you'd like to know more about the life of the northern natives, there are several settlements close to Churchill: Dene Village, where Chipewyan Indians live; The Flats, home for Crees and Metis; and the Eskimo settlement of Akudlik.

Outdoor activities include whale-watching—when the ice goes out of the Churchill River in early June, white whales (belugas) come in and out of the river mouth with the tides; fishing—for lake trout, northern pike, speckled trout, Arctic char, and grayling; rock hunting—the area's azure blue lazulite is particularly prized; and even polar bear-watching—one of the world's largest denning areas is 40 miles *south* of Churchill, which will give you some idea of how far north you've come.

Churchill is becoming an increasingly popular target with rail excursionists, and Canadian National Railways has several packages available for travelers who want to see the Arctic in comfort.



Photograph: Tony Swan

The poshest of these is the six-day Company of Hudson Bay Explorers tour, headed for its 37th annual edition in the fourth week of July. Originating in Winnipeg, the tour makes seven stops—Dauphin, The Pas, Flin Flon, Thompson, Gillam, Kettle Rapids, and Wabowden—besides Churchill. Adult fares are $373 for a lower berth, $385 for roomette, and $390 for a bedroom, the latter a per-person figure based on double occupancy.

There is a five-day version of the tour which is a good deal less expensive and more available, starting at $275 for an upper berth and topping out at $340 for a full bedroom. Canadian National has five of these tours this summer. Two have departed already; the others begin August 5 and 26 and September 16.

All the excursions originate in Winnipeg, and the fare includes everything.

A less expensive way to get to Churchill is by driving the 453 miles to Thompson and catching the train there for the remaining 309 miles. More than half the distance along Manitoba Trunk Highway 4 and Manitoba Road 391 is paved highway, and there's only one long stretch of road—the 109 miles between Grand Rapids and Ponton—with no settlements. The best way to make the trip is to break it into two days, with Grand Rapids the first day's destination (204 miles from Winnipeg).

Thompson-to-Churchill trains leave at 7:30 p.m. Monday, Wednesday, and Friday, arriving at 9 a.m. the next morning (schedules subject to change). Service is coach, sleeping cars (uppers and lowers) with meal and lounge facilities, and the train starts its return trip at 5 p.m. the same day. However, you might find a two-day stay in Churchill entertaining, and accommodations are available. The average double runs about $16 to $22 in Churchill.

The round trip Thompson-Churchill fare is $31.40 adults, $15.70 for children five to 12, children under five free. For further information contact the Canadian National Railways Passenger Service Center, 1150 Station Street, Vancouver 4, British Columbia, Canada.

For accommodations information on Churchill, write the Manitoba Government Travel Bureau, 408-401 York Avenue, Winnipeg, Manitoba, Canada R3C OP8, or the Port of Churchill Commission, P. O. Box 275, Churchill.

5

Ontario's Polar Bear Express

There's no highway to the settlement of Moosonee—only a lonely railroad track that dead-ends here in the northern Ontario wilderness of scrub brush and muskeg, where the Moose River spills into the Arctic tidewaters of James Bay.

Moosonee, taken out of context, could hardly be called pretty. It's primitive and barren, a town of rickety clapboard structures, and you can tell at a glance that this outpost, even today, has to fight for survival, that the frontier still has little tolerance for mistakes.

Yet there is great beauty in this desolation, and the exhilarating sense of adventure that goes with being in a land largely untouched by humans. Blue geese rise in wing-rattling clouds at the distant hum of an outboard motor, and ptarmigan and Arctic grouse strut about the thickets at the edge of town.

The adventure actually starts at Cochrane, Ontario, 437 miles north of Toronto. That's where visitors board the Polar Bear Express, a train unlike any you've ever known. Express is really a misnomer, because the train rarely makes its 186-mile run in its allotted seven hours. It follows no timetable, except for its punctual departure, stopping anywhere along its route anytime anyone wants to get on or off. The train drops off hunters, fishermen, and grizzled trappers with their gear, and picks up others who have spent days or weeks in the wilderness, whether they can pay the fare or not—this is no place to be stranded for lack of change.

At Moosonee, you can explore Moose Factory, an island trading post dating back to 1673. Here Cree Indians live in an encampment and still trade pelts for goods from the Hudson's Bay Company store. To reach Moose Factory, you take a ten-passenger "freighter canoe" of the type Indians have built here for centuries, except that nowadays these canoes are powered by outboard motors. The ride costs $1 each way. Or, you can negotiate to have a freighter canoe take you up the last stretch of the Moose River, right into James Bay, whose marsh grass-covered shores harbor countless thousands of water birds.

In summer, the Polar Bear Express makes one-day excursion round trips six times a week, leaving Cochrane at 8:30 a.m. (June 17-September 4), arriving at Moosonee at about 1 p.m. and starting back at 6 p.m. This gives visitors enough time for a guided tour of Moosonee and Moose Factory, which is included in the excursion fare of $14 for adults, $7 for children under 12. The boat trip to Moose Factory Island, however, requires an extra fee.

On Fridays, the Polar Bear Express makes only a one-way journey, which means visitors must overnight in Moosonee. There are only two hotels—the Moosonee Lodge, which has a licensed dining room, and the Polar Bear Lodge. Prices are the same in both: $18.50 for a double with running water. A few accommodations are also available in private homes, and for campers there's a provincial park—Tidewater Provincial Park, on Charles Island—a half-mile across the Moose River from Moosonee.

For reservations and further information, write to the Ontario Northland Railway, 195 Regina Street, North Bay, Ontario.

6

Mistassini Park Quebec

In French-speaking Quebec Province, the road ends some 500 miles north of Montréal in the Mistassini Reserve, a provincial park of 3,000 blue lakes that drain into Hudson Bay. More than three-quarters of this 7,000-square-mile fishing kingdom is water. A few Cree Indians live on slivers of land between the lakes and streams, their settlements hugging gently rising shores carpeted with soft caribou moss and shaded by spruce and pine.

The winter is long and bitter at 51 degrees north latitude, keeping Mistassini's lakes frozen from early November until late May. When the snows come, the Crees travel westward in family groups to James Bay, hunting and trapping en route as they have for centuries. In summer, the men work as guides

continued

in the park's four fishing lodges, all operated by the Quebec Department of Tourism, Fish and Game. Not that you'll really need a guide to find fish.

Hardly any angler ever returns empty-handed between the season's opening in early June and mid-July. By U.S. standards the catches are fantastic: lake trout that regularly run over ten pounds, speckled trout almost as big, as well as succulent walleyes and big, bellicose northern pike. In early summer, when the surface waters are still cold, spinning and trolling with spoons and lures yield best results. This means that even children and inexperienced anglers can frequently hook big ones. Not surprisingly, many families take their vacations here.

Indeed, at the two lodges you can reach by road (the other two are accessible only by plane), prices are pegged to family vacationers. At Waconichi Lodge, near the park's entrance, you can get a housekeeping cabin with four beds for $15 per day per adult, $9 for children under 12, and $4.50 for children under six. You'll find chopped wood ready for your cooking stove, with an oil heater to keep the cabin warm at night. There is a sink and a private toilet, and a separate bathhouse for showers. Everything is spic and span and the price includes a boat to which you can attach your own motor or a rented one for $8 a day. Rates for a cabin plus three big, tasty meals a day run $25 for adults, $15 for kids under 12, and $7.50 for children under six. Reservations are a must.

That isn't cheap, but for the best drive-to fishing in eastern North America it's a bargain. (At fly-in camps, offering no better catches, the rates run two to three times that much, plus the expensive seaplane rental.)

To get to Waconichi Lodge, whose guests are the only people allow to fish in 20-mile-long Waconichi Lake, you leave your car at a dock, and a small boat takes you across to the cabins on the other side.

There's a similar lodge some 40 miles farther into the park at Mistassini Post on 100-mile-long Mistassini Lake, where the fishing is just as good and American-plan prices considerably lower: adults pay $18 a day including meals and boat; children under 12, $11; and under six, $5.40. There are no housekeeping cabins, however.

For campers, there are two campgrounds, one at the Chalifour River and the other on 70-mile-long Albanel Lake, where the gravel road ends. Each campground has its own fishing territory. The charge is $2 to $3 a day, and the fishing permit is $5 for a family. Here, as elsewhere in the province, you'll need a Quebec fishing license, which costs $8.50 for nonresidents over the age of 16.



Photograph: Fred Lyon

The greatest Mistassini adventure of all—a 180-mile canoe-and-camping odyssey, which most families complete in ten days—is also the best bargain. You pay $1 a day per person, plus $3 for fishing anywhere along the way. The canoe route starts at mile 72 inside the park, almost at road's end, and finishes at the Waconichi pier. There are ten portages, all short, and visitors must bring along food and camping equipment, as well as their own canoes. You can arrange to have your car waiting for you at Waconichi.

In midsummer, the fishing is more difficult, as the fish seek ever-deeper waters. But with the warmer weather, swimming becomes comfortable in many of the lakes, wild strawberries, small and sweet, are ripe on the mossy hillsides, and blueberries are so plentiful that Mistassini people are called "bluebellies" by their neighbors. In early September, the fishing is only for fly experts who work the rivers as the fish come up to spawn.

The Mistassini Park entrance is 14 miles north of the town of Chibougamau, a 20-year-old copper and silver mining town. It's like the American Old West, but with house trailers.

It's a long drive to the road's end in Mistassini Park, but if you have plenty of time, there are enough diversions en route to invite a journey in easy stages. The first of these is Quebec, whose old town with its narrow streets and delightful French restaurants is well worth a trip itself. Then there are 150 miles of Laurentides Park, the first stretch of wilderness, with a fine paved highway (Quebec-54 and 169), and numerous lodges, fishing camps, and campgrounds set amid the lakes and forested mountains of the Laurentian Range.

You should probably avoid the drive through Laurentides Park on a weekend, when all the city people from Montreal and Quebec come up. But in midweek you might well want to spend a couple of days—or perhaps even your whole vacation. A Laurentides lodge that typifies facilities in the area is Le Relais, with four lakes of its own. Room rates, including fishing rights and boat, come to $7 per person, $3.50 for kids under 12. The lakes are stocked and tightly controlled, with particularly good early-season fishing, although the fish are only average in size.

For much bigger fish, stay just north of Laurentides Park in one of the busy French towns around Saint-Jean Lake. The lake is big enough so you can't see land on the horizon, and is famed as the home of a unique species of landlocked salmon, the ouananiche. This trout cousin easily runs to 20 or 30 pounds, and likes the Van Luven fly and the hula dancer lure. Boats may be rented at reasonable rates anywhere around the lake.

The next leg of the trip takes you through Chibougamau Reserve. Most of this 134-mile stretch (Quebec-167) is unpaved, but the road is graded regularly, and you can easily make it in your family car. The fishing is good in Chibougamau Park, and there are lodges and campgrounds, and lots of moose to watch. However, this reserve has been opened to timber-cutting operations and with Mistassini as your destination there is no point in lingering. You can drive from Saint-Jean Lake through the Chibougamau Reserve and the town of Chibougamau in about four hours.

For information or reservations in any of the Quebec parks, write to the Service des Parcs, Hotel du Gouvernement, Quebec, Canada.

7

Newfoundland and Labrador: the maritime frontier

In northern Newfoundland, the road's end of today was once its true beginning: the Vikings came ashore here a thousand years ago, first of the Old World's pioneers to explore the New.

The location of their settlement—now a village called L'Anse aux Meadows—made eminent geographical sense. It was for them the easternmost landfall on the continent, since the tip of Newfoundland's Great Northern Peninsula lies almost exactly on the Great Circle between Northern Europe and North America.

You can see the jets' contrails high over Newfoundland in the afternoon and evening, and now and then a tiny glint as a silver body catches a ray of the late-setting Nordic summer sun. Outbound from our eastern shores, these sky travelers already have almost one third of their journey behind them, and Greenland is just over their high-altitude horizon.

Although Newfoundland has thus been very much on the way, both in the past and in the present, it's also very much out of the way, a part of the world few vacationers ever see except from the air. North Atlantic fishermen sail from as far away as Portugal and even Russia to take cod and halibut on the province's bountiful Grand Banks, but families on holiday are rare. You meet a few avid anglers and moose hunters in their respective seasons; that's about all. Settlers, too, are still scarce in northern Newfoundland and neighboring Labrador. Most "outports" in these parts are inhabited by fewer than a dozen families.

Until 1960—about a decade after Newfoundland finally became part of Canada—the outports, including L'Anse aux Meadows, were accessible only by ship. Then a 285-mile dirt road was bulldozed and graded up the Great Northern Peninsula, and a few years later another 60 miles were cut along the wild coast of Labrador, which faces Newfoundland across the Strait of Belle Isle.

These highways are still dirt roads today, dusty in dry weather, boggy when it rains, hard driving no matter how you look at it. Not surprisingly, traffic is lighter than light, decreasing to almost nonexistent as you go farther north. The twice-daily ferry that crosses to Labrador carries 11 cars at most, and gas stations are about 50 miles apart. But it's all worth it for this is a beautiful and truly exciting frontier land, with appeal for fierce Norsemen and American families alike.

Obviously, it's no trip for a short vacation. If you come by car, you must first reach Nova Scotia, either from Bar Harbor, Maine, a six-hour, fairly expensive journey on the *M. V. Bluenose* (about $100 round trip for a family of four with car in summer), or overland via Moncton, New Brunswick. After driving up almost the length of Nova Scotia—a splendid vacation in itself—you board another ocean-going ferry at Sydney for Port-aux-Basques, on Newfoundland's southern shore. This round trip costs $11 per adult, $4.50 for children aged five to 12, and $33

continued on page 115



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TRAVEL WEST

Tony Swan, Western Travel Editor

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A century of cable cars

Cable cars are always high on any visitor's list of San Francisco priorities, but the beloved hill-climbers will be especially popular during August as the city celebrates one hundred years of jaunty public transportation.

From August 2 through August 12, 19 flower-decked cars will be operating on the city's three lines, and if you share the average San Franciscan's sense of the epic past, and don't mind getting up early, you'll want to see the reenactment of the world's first cable car run, set for five a.m. August 2, on Clay Street atop Nob Hill. The same car that inventor Andrew Hallidie guided down the hill on a foggy morning in 1873 will be on hand for the ceremony, riding atop a flatbed truck, since the rails and cables of the Clay Street Hill Railroad have long since disappeared into history.

Should you prefer sleeping to five o'clock in the morning historical ceremonies, there will be a parade of decorated cars down Hyde Street hill to Victorian Park at 10:30 the same morning. The Hallidie car will be on display, and there will also be a procession of yachts in nearby Aquatic Park. Or if your San Francisco visit doesn't coincide with the centennial festivities, you can still see the original Hallidie car on display at the cable car barn at the corner of Mason and Washington Streets. Visitors to the barn will also find some really intriguing cable winding machinery, as well as several other historic cars. There is no admission fee. Hours are 10-10 weekends, 10-6 the rest of the week.

In connection with the centennial, the city is issuing a set of commemorative postcards with cable car photographs dating from the 1870s to the early 1900s. The set of nine sells for $1, and is available at the San Francisco City Hall information booth. To order by mail, write: Postcards, City Hall, San Francisco, California 94102.

For up-to-the-minute information on other centennial activities, contact the San Francisco Convention and Visitors Bureau, Fox Plaza, San Francisco, California 94102 (telephone 626-5500) or the San Francisco Municipal Railway (telephone 558-2301).

Oregon's John Day country

The farther east you go in Oregon, the more western it looks. US-26 bisects the eastern part of the state from Prineville to the Idaho border, and as you drive east, the landscape looks more and more like the setting for a western movie—juniper and sagebrush and high, rock-rimmed mesas. By the time you reach John Day, at the intersection of US-26 and -395, even the people look like western movie characters. Cowboys in jeans and ten-gallon hats tramp the sidewalks of this quiet cow town in their dusty high-heeled boots.

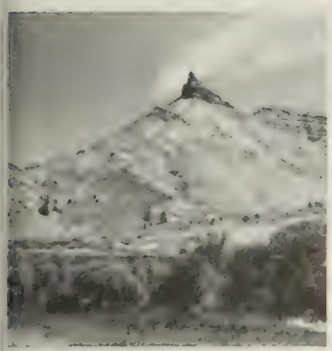
But high heels and Herefords are only part of what Oregonians call John Day Country, a land famed for its fossil beds, its gold rush and ghost towns, and, in the nearby Strawberry Range, its wilderness.

US-26 drops down abruptly from the ponderosa pine country of the Ochoco National Forest just east of Prineville to the juniper-grizzled near-desert of eastern Oregon. The 4,720-foot Ochoco Summit is a good place to picnic before leaving the forest and venturing into the high valley that lies ahead.

The John Day Fossil Beds are the unique part of this country—weirdly colored buttes and bluffs that have given up fossilized bones of sloth and mastodon, tiny camel and giant pig, saber-toothed tiger and a terrier-sized four-toed horse called *eohippus*. Leaf fossils, dug out of eroded clays, show that dawn redwoods, palms, cinnamon trees, and figs

More for your Travel Dollar! See page J4 for a listing of free travel information and literature you can order

TRAVEL WEST



nce flourished here in a sub-opical climate.

The fossil country visit is orthwhile just to see the ash-olored hills banded with pale oonscape rusts and blue-greens.

With Prineville as a starting oint, the turnoff to the closest ssil beds—in Painted Hills State ark—is 15 miles east of Ochoco ummit on US-26. From there 's six miles by paved road to ie park, where red-splashed omes have yielded fossils that riginated 37 million years ago.

The state parks of the fossil ountry are set in barren hills aried in volcanic ash that dates the building of the ancestral ascades—don't expect shaded picnic areas beside bubbling streams. You will find some tables and fire pits, but not much water, and a canteen is a must. Signs explain geologic highlights, and trails lead to digging areas.

Painted Hills is one of three John Day Country locales that Congress has been asked to preserve as a National Monument. Little Clarno State Park, on State-218 between US-97 and State-19, and Thomas Condon State Park, on State-19 about eight miles northwest of Dayville, are the other two. If your time is limited, Thomas Condon Park is by far the most spectacular.

A 69-mile loop from Mitchell via Kimberly over State-207 and -19 rejoins State-26 just south of Thomas Condon Park. It's 38 miles longer than the State-26 route between Mitchell and the park, and slower but worth the side trip for its wild, rugged landscape as it parallels the John Day River.

There is the added bonus of a ghost town along this detour. Richmond, just off State-207 about 18 miles northeast of Mitchell, is a cow town that didn't quite make it. Still standing are an empty schoolhouse, a battered church, and several rickety houses.

As you near the end of the loop, about ten miles south of Kimberly on State-19, watch for Johnny Kirk Spring. Its fountain of cold water in leafy shade below the road is a veritable oasis in this sun-baked country.

If you head due east on US-26 instead of making the loop, turn north on State-19 when you meet it. After a long meander

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TRAVEL WEST

from the Blue Mountains, the John Day River veers sharply north here through a sudden basalt canyon aptly named Picture Gorge. Through it you can see Thomas Condon Park's fantastically eroded Sheep Rock wearing its tilted cap of Columbia River basalt. Just beyond is Cathedral Rock, an enormous block with fluted columns streaked by horizontal bands of rust, pale blue-green, and cream.

Canyon Creek, 30 miles east, edges Canyon City's main street —US-395—and you can still scoop up a bit of color in a gold pan there. Canyon City boasted a population of 10,000 during its booming 1860s youth, when it was known as Whiskey Gulch. Walls of old stone and narrow, wooden St. Thomas Episcopal Church, built in 1876, help to preserve the 19th-century flavor.

But the Whiskey Gulch days really come to life in the Oliver Historical Museum on the highway in the center of town. The museum's displays range from gold nuggets, Indian artifacts, and mineral collections to a two-headed calf, papier-mâché statues of colorful Gulchites, and an elaborately carved, square grand piano. Joaquin Miller, the famed "poet of the Sierra," served a term as Grant County judge in Whiskey Gulch, leaving behind a cabin that now stands outside the museum. Next to the cabin is a two-man jail that mysteriously found its way there from a distant village one dark night.

The museum is open daily except Monday, 1-5 Sundays, 9-5 other days, April through October. (Adults 50c, kids 25c.)

To see some more local memorabilia, follow the river east for 13 miles from John Day to Prairie City and have a look at the DeWitt Museum there. Displays include sleighs and hand-pumped vacuum cleaners, and all are drawn from the valley's early ranching days.

For more exploring, go another 15 miles east to Bates. Dusty back roads snake past the remains of old mills, wobbly, defunct flumes, and weathered log cabins. Greenhorn, Granite, Austin, Sumpter, and Whitney, expired boomtowns of the 1860s, lie on these rutty routes, which vary in reliability for passenger cars. Be sure to stop first in John Day at the Grant County Chamber of Commerce, 710 South Canyon Boulevard, for advice on road conditions and a small map of the area.

Another important John Day stop to make, if you don't write ahead of time, is the Malheur National Forest Headquarters, at 139 Southeast Dayton, for maps of the national forest and the Strawberry Mountain Wilderness. Roads into the forest lead to exciting overlooks. If you want to do some climbing, try the comparatively easy trail up Strawberry Mountain. An oiled road goes 30 miles south from Prairie City to Logan Valley, where you follow Forest Service roads to road's end. From there it's about a 2.5-mile climb to the 9,038-foot summit, where 150-mile horizons are your reward. Be sure to bring water.

While John Day never actually visited this part of Oregon when he came west with the 1811 Astor expedition, the event that led to his name's appearing so often on the Oregon map is part of the local saga. Day and a hiking companion encountered a band of Indians who took exception to trespassing, and relieved the two men of all their clothing. Day and his partner walked many chilly miles before being rescued by amused fellow explorers. When the party reached the place where the Indians had imposed their little fine, at the mouth of the then Mahhah River, it was promptly renamed the John Day River. The town later drew its name from the stream.

John Day Country is hospitable April through October. You'll be able to find comfortable motel accommodations in the town of John Day, although its normal population of 1,600 booms during the Grant County Fair (August 16-19), an annual affair that features a rodeo. There are also several cafes that dish up hearty, here-it-is family fare.

For campers, the Clyde Holliday State Wayside, seven miles west of town, offers 30 tent and trailer sites with electric hookups at $3 per night, and there are some 266 Malheur National Forest campsites nearby.

For further information, maps, and literature write the Oregon State Highway Division, Travel Information Section, Salem Oregon 97310; the Forest Manager, Malheur National Forest, 139 Northeast Dayton, John Day, Oregon 97845; or the Grant County Chamber of Commerce, 710 South Canyon Boulevard, John Day, Oregon 97845. ■



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Dining where you like it

asual meals needn't be catch-as-catch-can if you set the age like this. Group several tables side by side in the fam- y room, or set up a wall-hugging table under your picture indow in the kitchen. For added verve, go all out with olor, pattern, and texture in your various table settings.



ove: A picture window with an attractive view is the agnet that draws diners to this cheery kitchen spot. Half- oon table is made of plywood and supported with legs from discarded table. Rejuvenated kitchen chairs now wear a iny coat of enamel. A space-shy hostess can also use a op-leaf table in this manner—tucked against the wall.

elow: For a convivial dining atmosphere, create your own stinctive background with an unusual material like the cky cypress which panels this family room. Then add a und table (or tables) to encourage an easy flow of conver- tion. Don't forget some comfortable seating—like this ace-saving, vinyl-upholstered banquette.





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Photographs: Dieter





Green cabbage is great, but now try compact round red cabbage, crinkle-leafed Savoy, and cylindrical Chinese or celery cabbage—

PENNSYLVANIA DUTCH RED CABBAGE

Shred cabbage coarsely to give more texture when cooked—

2 tablespoons cooking oil or bacon drippings
4 cups shredded red cabbage (1 medium head)
2 cups cubed unpared apple (2 medium)
¼ cup packed brown sugar
¼ cup vinegar
¼ cup water
1¼ teaspoons salt
Dash pepper
½ teaspoon caraway (optional)

In skillet, heat oil. Add remaining ingredients. Cover tightly; cook over low heat, stirring occasionally. For crisp cabbage, cook 15 minutes; allow 25 to 30 minutes for more well-done cabbage. Garnish with apple wedges, if desired. Makes 4 or 5 servings.

TACO CABBAGE SALAD

Use the dressing as a dip for corn chips, too—

4 cups chopped Savoy cabbage
1 15-ounce can red kidney beans, drained
2 medium tomatoes, chopped
⅓ cup sliced pimiento-stuffed green olives
1 large avocado, pitted, peeled, and mashed (⅔ cup)
½ cup dairy sour cream
⅓ cup milk
1 tablespoon finely chopped onion
1 tablespoon Italian salad dressing
1 tablespoon lemon juice
½ teaspoon worcestershire sauce
¼ teaspoon salt
½ cup (2 ounces) shredded sharp natural cheddar cheese
½ cup coarsely crushed corn chips

Chill all ingredients except corn chips. In large bowl, arrange cabbage, beans, tomatoes, and olives. Combine remaining ingredients except cheese and corn chips. To serve, toss salad lightly with dressing; top with cheese and chips. Serve at once. Makes 6 servings.

PARMESAN DILL DRESSED CABBAGE

The dressing is also good on wedges of braised cabbage—

½ cup mayonnaise or salad dressing
¼ cup milk
3 tablespoons grated parmesan cheese
1 tablespoon white wine vinegar
½ teaspoon dillweed
⅛ teaspoon garlic powder
Dash salt
1 small head Chinese cabbage

In a small bowl, combine mayonnaise, milk, parmesan, wine vinegar, dillweed, garlic powder, salt, and a dash pepper. Cut cabbage crosswise into thin slices. Place on individual salad plates. Spoon on dressing. Garnish with paprika, if desired. Makes 4 servings.

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Almost any atmosphere can be enhanced by the beauty and distinction of an oriental rug. The variety of colors and designs available run the gamut from delicate and formal to bold and dramatic. If the oriental rug you select is a true collector's item, you might want to hang it on the wall as a tapestry or display it in some other manner as an art object. Or you might choose to mix a variety of oriental rugs in the same room.

In addition to offering beauty and elegance, oriental rugs are unequaled in durability. With proper care and normal wear, a good oriental rug can be expected to remain in fine condition for a *minimum* of 50 years. Many last much longer than that.

Understanding the terminology

If you're a novice, you're apt to be a bit overwhelmed by all the names and terms used to describe oriental rugs. On your first encounter with a dealer, you're likely to hear a lot of words tossed around like Turkoman, Caucasian, Kirman, Bokhara, etc. Actually, rug names are simply the names of areas where the rugs were woven (or in the case of modern rugs, where the design originated), or the names of tribes who did the weaving.

Up to the end of the 19th century, oriental rug-making was a family or tribal project, with one rug sometimes taking generations to complete. (Basically, the task of weaving a rug involves hand-tying thousands—sometimes millions—of tiny knots of yarn to the warp of the rug, then pulling the ends forward to form the surface or nap of the rug. The closer the knotting, the more durable and finely woven rug you have.) The origin of the rug is indicated by such things as weaving technique (number of knots per square inch) and the type of wool used.

The rugs in each of the following categories have, for the most part, very typical characteristics that can be identified by even a relative novice.

- *Persian* (Iranian): Colors are soft; refined designs are graceful depictions of leaves and flowers. Sometimes, animals and birds are shown in a highly stylized way, and the designs cover the entire rug, using all space up to the borders.
- *Turkish:* Bright contrasting colors with designs that are clearly defined. The lines of flowers tend to be angular, almost geometric. The center motif is often an arched prayer niche. For religious reasons, animals are not part of the design on Turkish rugs.
- *Caucasian:* These rugs originate from the area of the Caucasus mountain range. They come in a variety of colors, and have wide borders and a crowded mosaic-like design.
- *Turkoman:* Often called Turkestan or Bokhara. Colors are dark red, brown, and yellow. The designs are usually geometric shapes such as hexagons, squares, and diamonds. These rugs are often fringed.

In addition to the broad geographical categories mentioned above (there are others, but these are the most common), oriental rugs can be further broken down into more specific regional and tribal names.

Old versus new: which is best?

You'll also hear much talk about the relative merits of old and new rugs. The collectors prefer the old oriental rugs (antique and semi-antique) for their purity of color and design. New rugs are usually made with the commercial market in mind, rather than as a natural expression of a tribe's heritage. Collectors argue that new rugs are examples of a craft, while old rugs are examples of an art. Unless you're planning to collect rugs for investment purposes, the question of old versus new is best answered by your personal preference.

Are oriental rugs a good investment?

You've probably read ads or articles in newspapers and magazines that claim oriental rugs are "marvelous investments," "like money in the bank," "financially as well as aesthetically satisfying." True. But the rugs being lauded are the authentic oriental rugs . . . the ones made in the Middle East or in China. These are quite different from the machine-made copies (sometimes called "American orientals"), or all the other oriental designs that are on the market today. The value of true oriental rugs has been increasing about ten percent annually for the past several years, and right now, their prices range from $50 to $15,000 and more. Everything indicates that prices will continue to rise. So if you choose carefully, and keep the rug in good condition, an investment in an oriental rug makes good sense.

What to watch out for

Used cars have nothing on oriental rugs when it comes to misrepresentation. Almost-new rugs are passed off as valuable antiques. Chemical dyes that have (or will) run are said to be "good old vegetable dyes." Rugs made from skin wool (wool from hides rather than live animals, which has a fraction of the strength of the usual wool) are lauded as having iron-like durability. Tired old rugs with practically no nap left on them are "painted" and said to have a lot of wear left in them. Rugs with wear spots or a hole or two are claimed to be in "basically excellent condition" (when actually they'll cost a mint to repair). These are some of the more common representations you'll want to watch out for.

How to tell a good rug from a bad rug

The only way to make sure that you're getting a good buy is to make a thorough inspection of the rug you're interested in. Start by getting down on all fours, and feeling the surface of the entire rug. Your hand will be able to detect low or worn spots (indicating the rug has seen a lot of use). If the rug is small enough, you can also check for excessive wear by holding it up to a light. If you can see the light through the rug, watch out. It's badly worn.

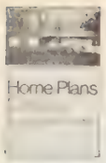
You can tell if a rug has been "painted," i.e., gone over with a chemical dye to make it look more colorful, by checking the underside to see if the colors are the same as those on the surface. If the surface colors are much brighter, you can assume the rug has been "painted," and thus, diminished in terms of resale value.

The main reason why rug collectors prefer vegetable dyes to most chemical dyes is because the colors are much purer, and they aren't as likely to run or bleed when cleaned. However, it is virtually impossible for a novice to detect a rug that has been chemically dyed, and unless you're planning to buy a rug for investment purposes, you needn't worry too much about the type of dye used. There are many chemically dyed rugs on the market today that are excellent for decorative floor coverings.

Where do you find a good oriental rug?

You've thoroughly familiarized yourself with oriental rugs and their current prices. Now where do you turn? Your best sources are dealers (where you'll pay the usual retail markup), auctions (where you stand a chance of saving money), and private individuals. But watch out! By auction, we don't mean the traveling kind. These auctions, or shows as they're sometimes called, advertise in local newspapers and claim to have a collection of "outstanding oriental rugs about to be sacrificed," or some other catchy come-on. Unfortunately, the rugs sold at these shows are often the epitome of bad quality and construction, and are auctioned off to the unsuspecting at a local hotel or motel.

If you're bitten by the oriental rug bug, you'll find that the more knowledge you acquire, the more discriminating your taste will become. For this reason, take your time. Acquaint yourself with lots of rugs. The wonderful world of oriental rugs can offer you a beautiful decor, a new and exciting hobby—and possibly a superb investment. ■



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Kitchen organizers

If you face a jumble of cans and stack-ups of dishes every time you open a kitchen cabinet, you deserve a change. Inefficient storage not only tries tempers, it wastes space.

You can bring order to storage chaos with the help of auxiliary shelves, racks, and bins. These make efficient use of the often-wasted room at the tops of the cabinets, and keep items neatly organized and readily accessible. Shelves and racks are easy to install, and the stackable bins need no installation—they sit directly on floors of cabinets.



Photographs: Hopkins

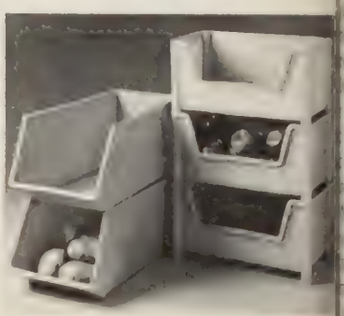
Vinyl-coated dinnerware rack uses space wisely, and protects dishes against chipping. You can remove any one dish without disturbing the others. Hooks hold hanging cups. The compact size, 17¾ inches long by 9 inches deep and high, fits neatly inside a standard-size wall cabinet.

Beverage can dispenser holds up to ten cans. As you remove a can, the next one rolls forward. The rack measures 6⅞x5⅞x13½ inches.



Revolving shelves offer about 12 square feet of storage in a limited space. Each shelf turns independently to bring items within easy reach and can be adjusted to any height simply by loosening one set screw. Shelves are constructed of sturdy steel and are finished in copper. Two- and three-shelf units also can be purchased.

The five-shelf version is perfect for use in a pantry. The shelves have 22-inch diameters.



Stackable bins of high-impact plastic conveniently store vegetables and fruits. Individual units are slotted so you can add extra bins as needed. Virtually indestructible, these organizers will not chip, peel, dent, or rust. Bins on left are 16x8x7¼ inches while those on the right measure 13½x7½x7 inches.



Kitchen sink aid puts cleaning supplies in one easy-to-find location. There are two deep wells for brushes, sponges, and cleanser, a shallow one for soap, and a handy bar for dish towels. Unit measures 3⅝x4¾x11 inches and can sit on a shelf or counter, or hang inside a cabinet door under the sink.

Garbage-bag holder made of sturdy plastic keeps garbage out of sight and traps odors under hinged lid. The holder handles all standard-size garbage bags and is easily mounted on the back of a cabinet door.

lat's cial about t water?

live in a part of the States designated as a vater area, chances are forgotten the benefits of d or soft water.

dness of water is deter- by the amount of minerals ains. To find out how hard ater is, check with your utility. They can tell you how many mineral grains tains per gallon. If you our own water supply sys- our local water softening ent dealer can test it.

s per lon	
3.5	low hardness
7.0	moderately hard
10.5	hard
d over	very hard

o soften water. Home softeners remove sediment he water by filtering it out, nove minerals by a method *ion exchange*. As the hard flows through a bed of ng material in a tank, ss minerals attach them- to the particles of soften- terial. At the same time, m the softening material austed and must be re- by you or the dealer.

ater benefits. When you r clothes in soft water, n't need to use as much r detergent. Soft water acilitates rinsing so that are not grayed with rede- l dirt or precipitated soap This thorough rinsing fabrics softer and actually s the life of clothing and old linens.

can launder flame-retard- venile nightwear in soft but use a synthetic phos- detergent instead of soap; nd nonphosphate deter- gradually destroy the etardant treatment. When ash dishes in soft water ed less detergent, especial- an automatic dishwasher. s, china, and silver emerge om dulling film, streaks, ots. Soft water also pre- ime scale build-up in dish- s, laundry equipment, hot heaters, and pipes.

ing in soft water leaves in softer, minimizes itch- d irritation (especially in), and leaves the bathtub om scum. Hair shampooed t water is more manage- nd has that old-fashioned arrel" soft feel.

water outdoes hard wa- removing grease, wax, and dirt from floors, windows, and woodwork, and leaves no spotting film. Stainless steel sinks, chrome fixtures, and ceramic tiles don't spot as much with soft water as with hard.

Which water is best? Soft water is best for bathing, shampooing, and all washing and cleaning tasks, and in most cases for drinking. Distilled water is better for steam irons and household plants. Persons on a low-sodium diet should check with their doctor on which kind of water to use.

You can have both soft and hard water by having a bypass valve put on certain outlets. For some jobs, such as watering lawns and washing cars, it's wasteful to use softened water. Then you can shut off softening completely with a bypass valve.

The Unforgettable Salad. Made Easy.



There's no secret to a really elegant salad. But there *are* rules. And if you follow them lovingly, the salad course might well turn into the favorite part of your family's meals. (Not a bad idea considering the price of meat these days.)



Golden rules for great green salads.

Rule 1: Wash salad greens quickly in icy water, then shake the leaves dry or pat dry with a paper towel.

Rule 2: Make sure everything about your salad is frosty cold as can be, including plates.

Rule 3: Toss greens quickly and lightly so the leaves don't bruise and your salad doesn't go limp in mid-air. Serve instantly!

Salad. Beginning or end? In most parts of the U.S., salad serves as a delightful start. But why not do as the French do—and serve your salad *after* the main course? The cool crispness of the greens and the tart tingle of the dressing make a refreshing finishing touch. And, if you're keeping an eye on your family's calories, a delicious salad is as good as dessert—and can substitute for the forbidden sweet.

Helpful hint. Those special greens, like parsley and watercress, should be washed, dried thoroughly, and refrigerated in a tightly covered container or screw-top jar.

Delicious hint. For a subtle touch of garlic, just cut a plump garlic clove in half and rub the cut side around your salad bowl.

Your salad will pick up the fragrance without the "bite." Or, better yet, try Girard's Original French Salad Dressing. We steep fresh garlic in choice oils for two lazy weeks. Then we blend the oil with mellow vinegars and subtle herbs. Magnifique!

Sudden Salad—Gourmet style. Just slice plump mushrooms wafer-thin and marinate for 30 minutes in Girard's Champagne Dressing. Chill and serve on a bed of tender Bibb lettuce. Guests will rave!

Caesar—noblest salad of them all! And deliciously easy with Girard's Caesar Dressing. Just pour it lightly over icy-crisp romaine lettuce and croutons, toss and serve. But if you really want to go all out, try the recipe here. Toss and serve at table for all your guests to see the wonder of it all.



GIRARD CAESAR SALAD a la CALIENTE

1 large or 2 small heads of romaine lettuce
½ to ¾ cup croutons
1 one-minute egg
4 whole anchovies, chopped fine
2 Tbs. chopped chives
2 Tbs. freshly-grated parmesan cheese
½ cup Girard's Caesar Dressing

Tear chilled romaine into 1-inch cross-cut strips. In small bowl, beat egg lightly with wire whip, then add the Girard's Caesar Dressing, the chopped anchovies and chives, and mix thoroughly. Pour over romaine, add croutons, sprinkle lightly with the grated parmesan, and toss lightly. Serves 4 to 6. Unforgettable!



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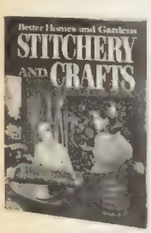
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Order several kits. They make ideal long remembered gifts for weddings and other special occasions. The kit is available with flowers in two shades of blue on a white background as pictured above or white and yellow flowers on an orange background (not shown).

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Symbol signs show the way



Operating on the theory that a picture is worth at least several words, the Federal Department of Highways and Public Roads and the National Park Service are engaged in nationwide road sign programs designed to make traveling easier and safer.

The aim of the federal program is to replace conventional written messages—such as "Hill" or "No right turn"—with international symbol signs. The symbol for hill, for example, will be a silhouette of a truck on a downgrade. The "No turn" symbol will be a right-angled black arrow in a red circle with a slash across it; the red circle and slash over any symbol means "No."

The idea behind the change is that symbols transmit their messages much more quickly than the written word, thus cutting down on driver reaction time in danger situations and making it easier for drivers to find their way while moving at normal traffic speeds.

There are 17 international signs in the new federal program, and spokesmen for the department are hopeful that all will be adopted by the various states for the greatest possible uniformity. However, only the yield, merge, and school zone symbol signs are mandatory; states have the option of adopting the other 14.

The new Park Service program is much more detailed, involving 77 different symbols. Of these, 33 can also be given the "No" slash mark. A truck silhouette, for example, indicates roads open to truck traffic; the slash over the same symbol means no trucks.

December 31, 1974, has been set as the target for the change to the new highway signs, but federal officials expect the project to take until at least mid-1975 because of complicated installation procedures, sign manufacture problems, and the fact that some states must pass new laws to get the new signs.

The Park Service program, already under way, has no specific deadline.

Getting used to the new signs will be the easiest part of the program. During the first three years of installations, each symbol will be accompanied by the written message it will eventually replace.

The 1968 United Nations Conference on Road Traffic in Vienna gets credit for spurring the new federal sign system, and three years of research by the University of Bridgeport and UNESCO's International Committee for Breaking the Language Barrier went into the Park Service guide signs. But U.S. highway authorities are fond of citing the experience of Russian highway planners in making the case for symbols. The Russians, in their search for a better stop sign, tried the octagonal red U.S. version, complete with the English word "Stop" in white letters. It worked, and is going into use on highways throughout the Soviet Union. ■

ued from page 114

anada

our car (or, if you have a er or trailer, $1 per foot way for a round trip mini- of $16).

en when you debark at Port- asques you've hardly start- irst you must still drive 166 on the excellent, fast Trans- da Highway to Deer Lake. dventure begins as you turn gravel here into the coastal tains. Although barely top- 2,000 feet, their higher sport glittering snow es all year round.

ghway 44 winds through hills, descending finally to ly Point on Bonne Bay, most and Nordic of Newfound- many fjords, with steep tainsides and occasional g villages. A 20-minute fer- le will take you across Bon- Bay, linking up again with 73 at Rocky Harbor, an- old fishing outport.

m here on—that is, for the 700 miles if you total up the l trip—you'll rarely be out ght of the sea. The route hes past the Gulf of St. Law- , the narrow Strait of Belle nd finally the Labrador Sea, arm of the North Atlantic olds Greenland in its crook. oad angles resolutely north- through evergreen forests open heath, driftwood es on the left and the Long e Mountains on the right, blue ponds and over spark- ivers.

n't think for a minute that oundland is Arctic waste; nything but. You'll find / stands of timber blended flower-covered meadows. ner weather is often rainy ool, but not cold, and there many days when the sun as hot as in the South.

miles 85 and 95 out of Deer , you'll reach Parsons Pond Portland Creek, respectively, excellent fishing areas for n and trout in freshwaters, n the salt. Between Parsons and Portland Creek, stop he Arches Beach, an un- ed west turnoff about seven out of Parsons. The water- ted natural bridge here is worth seeing and photo- ing, especially at sunset.

u can pitch your tent or set amper housekeeping almost here along the Great Penin- Highway. For a site with ities, camp at the provin- ark at the River of Ponds 137), one of Newfound- s top salmon streams. And u want a roof over your , stay at Billard's Tourist Home in Port-au-Choix (mile 153), where you'll be charged $9 for a cozy double, and Mrs. Billard serves the day's catch of fish at boardinghouse prices.

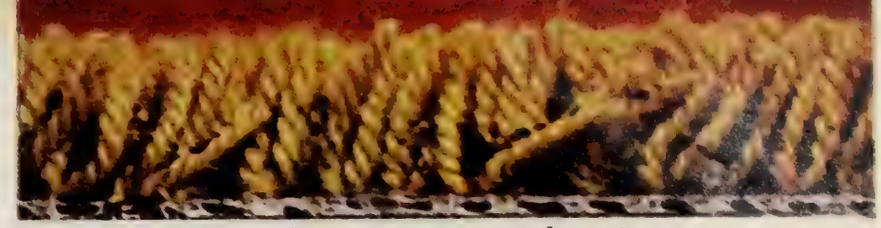
As you may expect, there are few accommodations to be had, so it's a must to plan your mileage and make reservations here as elsewhere. You can pick up a complete accommodations list, plus other travel information, at the tourist information chalet at the Deer Lake turnoff, but writing in advance is more reliable. The Newfoundland and Labrador Tourist Development Office is in the Confederation Building, St. John's, Newfoundland.

No reservations, however, are possible for the Labrador ferry, which departs St. Barbe (mile 210) at 7 a.m. and 2 p.m. daily, June through October. This is the ferry that carries only 11 cars, and it's a good idea to get there a couple hours before starting time to make sure you get on.

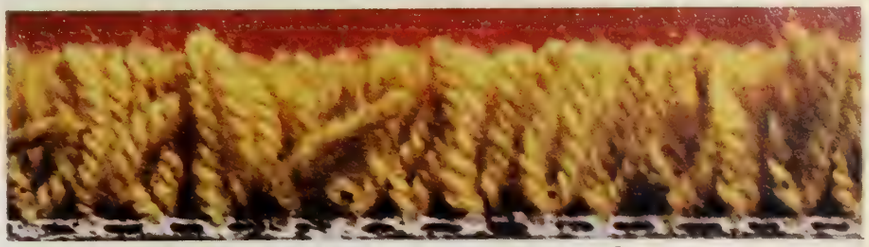
Whether you want to take on the remaining 120 miles of the Great Peninsula Road before crossing to Labrador depends on your archaeological enthusiasm: unless you're a buff, it's unlikely that you'll find the recent Viking digs overly impressive. Instead, you may prefer to explore the Peninsula's interior along Route 74, which branches off the main road and crosses Newfoundland to its Atlantic side. Your map will show you that the Castor River, another of Newfoundland's major salmon streams, parallels this highway within a mile in a couple of places, and there are also lots of little trout lakes tucked between the mountains that Route 74 traverses. Thirty-five miles inland, the road forks; its southern branch (Route 75) then forks once again to the picturesque and rarely visited outports of Conche and Englee.

In any case, don't miss the crossing to Labrador. This three-hour trip costs $5 for car and driver; $1.25 for additional adults; 65 cents for kids over 2; $7 for camper vehicles. Your tickets include the probability of en route entertainment staged by spouting whales, porpoises, and schools of fish.

Labrador offers another kind of visual excitement. Unlike Newfoundland, its coast is barren: craggy cliffs rise to vast tablelands where some long-ago giant scattered house-size boulders. The Labrador road ends at Red Bay, a fishing port, stark and fragile against its backdrop of the continent's ramparts. When you reach this outpost you'll feel a strong kinship with those Vikings who sailed here so long ago; and like them you'll feel you've reached the edge of the world. ■



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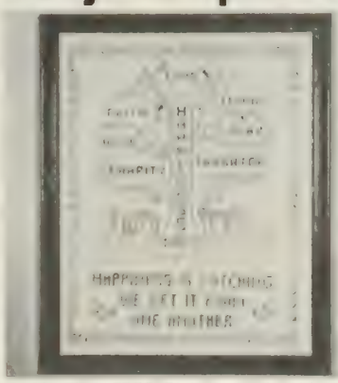
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Let Fruit-Fresh preserve the color and flavor when you preserve the fruit.

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The color and flavor saver for freezing and canning.





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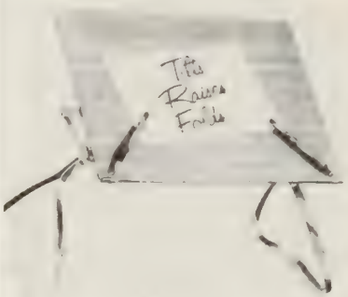
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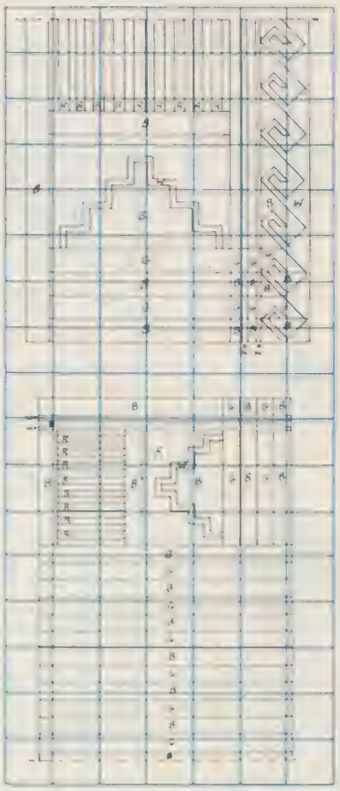
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Wright's Smoke Co., 2900 Oak, Kansas City, Mo. 64108

continued from page 106

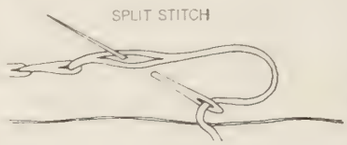
American Southwest crafts



design (use the bottom drawing, doubling it at the dashed line), leaving 2 inches on all sides for the hem.

The white areas in the sketch are the fabric background. Count the threads to be sure there is an even number in the stripes and the white areas. (White sections are about ⅛ inch wide: three stripes equal 1 inch wide.) The threads in the background and the yarn areas should all be parallel.

2. Work the borders in split stitches from left to right (see sketch). Turn the fabric around





for the return rows. To work the split stitch, simply take a small forward stitch, bring the needle down through the fabric, and back up halfway through the first stitch. Repeat, keeping the stitches as uniform as possible.

3. Do the center of the mat in double running stitches from right to left. The stitches be even in length and spaced. Turn the fabric always work from right As you return, you will fi same row so there is a uous row of stitches on bo of the fabric (see sketch) time you return, you changing yarn colors. stitching, be sure to ins needle into the same hol the previous color, so the fabric showing. Line up remaining rows exactly.

4. Make a narrow double the finished mat. The size will be about 10½x16 If you like, add three yarn to the mat's corners (green, black).

5. For the runner borde two 7½x16½-inch pieces ric. Draw on the design (top drawing, doubling it dashed line), leaving a hem allowance on the thre sides—right, top, and bo and ½-inch seam allowa the inside edge.

We designed the bord that you can seam them t fabrics. If you wish, yo stitch the yarn designs ends of one long piece of —either matching or contr Work the designs like the using the split stitch for th row border design and the running stitch for the rem

Aluminum mirror frame p

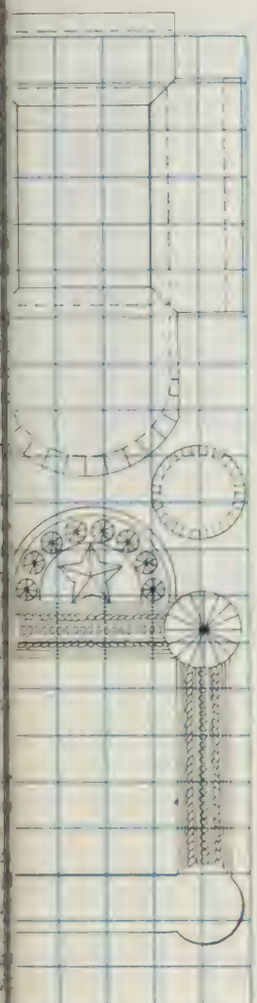
Materials: 12x15-inch unf mirror, contact cement, ¼ plywood, 12x52-inch piece gauge tooling aluminum, ing tape, royal blue and m permanent felt markers. 19½x28½ inches.

1. Cut frame outline of ply with an 11x14-inch openi mirror, and sand. From board, cut four 5-inch circ corners. Transfer frame to paper. Cut narrow wood to fit over back of mirror Mark correct placement ar and glue strips to frame ba

2. From aluminum, cut f inch circles, two 6x15-inch pieces, one 6x12 inches, ar 12x12 inches, accordin sketch. Place metal over p newspaper on flat surface. designs on metal with soft on both sides, keeping me flat as possible (don't "too

3. Mark placement of me wood and bend flaps over Apply glue to frame and according to label direc Place metal on frame, one s at a time, with frame ha over table edge. Smooth down on front with fingers. frame to back, bend and

ack and repeat for sides
Slash metal around top
l glue to back.
circle pattern to metal
on. Glue to cardboard,
ınd bending back edges.
lar edges of frame, cut
ch strips of metal, center
ded wood and bend into
lash both overlapping
l glue in place. Glue cir-
ame.
or frame, use felt pens.
can be removed with
or lacquer thinner. At-
or to back of frame us-
r's points.



ttery page 71
red clay Mexican pots
te. Enlarge designs from
ings to size needed to
ot. Sketch design in pen-
aint with acrylics, using
coats as needed to cover
cut out parts of design
per and glue on. When
pot with orange shellac.
ndle shown, we cut three
of black yarn twice the
ength of handle. Run
oot loops and fasten on.
ıd knot black yarn or
over handle yarn.

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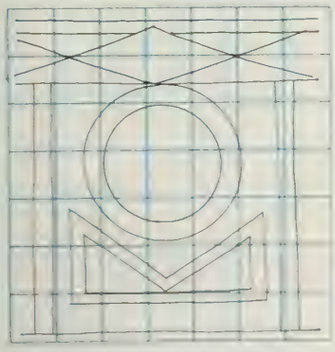
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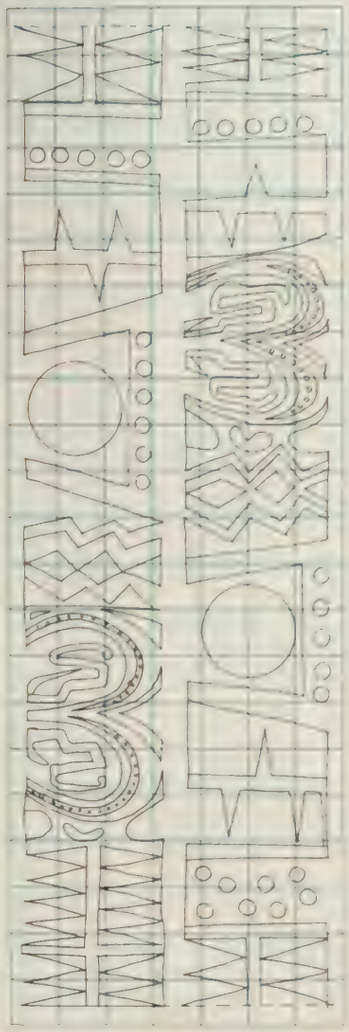


continued

American Southwest crafts

Thread ends of wrapping yarn through large tapestry needle and pull tightly through handle.





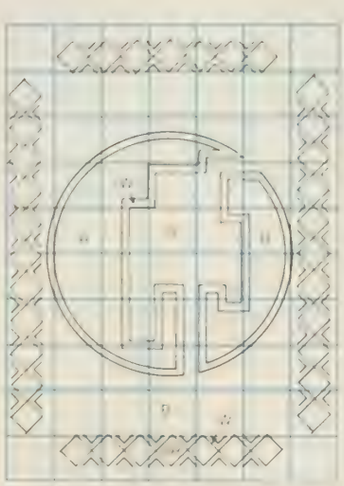


Sand painting page 71

Materials: ⅜-inch plywood or ¼-inch hardboard, foam core board, grade 37 white silica sand, white glue; black, red, brown mortar color.

Sand and mortar colors are available from building material firms (that supply bricklayers). The sand often comes in 100-pound bags and mortar colors are usually sold by the pound. We bought one bag of sand, two pounds of black mortar color, two pounds of brown, and one pound of red. Be sure to ask the salesperson for pure *white* silica sand. The ordinary type of sand is too coarse for this project and cannot be mixed as well with the mortar colors to achieve the desired effect.

1. Glue 24x32-inch foam core board to coarse side of hardboard or plywood and let dry under flat weights. Draw design to scale on paper and trace onto foam board.
2. Mix dry mortar colors thoroughly with sand (about 1 part mortar color to 15 parts sand). Mix in a separate container for each color. (White areas in design are white sand.) Prepare glue mixture of 2 parts glue to 1 part water.
3. Apply sand to a small section at a time, working from dark to light (black, brown, red, white). Using a small brush, outline design sections with glue mixture and flood with a pool of glue. Sprinkle liquid with sand and let dry. Remove excess sand and do remaining areas of same color.
4. If necessary, reapply glue and sprinkle another layer of sand over first one to build up texture. Let whole design dry, dust off sand, and spray with non-water base fixative.



1 in. = 3 in.

Samplers to Stitch

from Better Homes and Gardens



Make New Friends Sampler Display these words of wisdom in your home! And make cherished gifts for friends. Complete kit includes 14" x 14" wood frame, design stamped on 100% linen, cotton threads and appliques, and easy-to-follow instructions. Sampler Kit and Frame, No. 00324, $5.00; 2 for $9.00; 4 for $17.00



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Molded Vegetable Salads—Egg Main Dishes

What are your favorite cool combinations for molded vegetable salads? Do you serve a tasty egg main dish that has become a family favorite? Send your recipe today for either or both categories and you could be a prizewinner next March. Two Cooks-of-the-Month receive $50 each. Four Runners-up receive $25 each and 12 Honor Roll winners get $10 each. The selected winning recipes will be pictured on the Prize Tested Recipes pages next March. All 18 winners receive a framed Better Homes and Gardens Certificate of Endorsement and six copies of the endorsed recipe.

HINTS TO HELP YOU

Molded vegetable salads can begin in your freezer or pantry. Add chunks of cheese, a secret herb, or bits of bacon to the mixture. Maybe you top off the gelatin with a homemade dressing or beat in cream cheese, sour cream, or mayonnaise. Pointers:

sesame lima deluxe
lemony vegetable medley
creamy potato salad mold
corn-splashed carrot mold
parmesan pea salad

Egg main dishes can be served at brunch, lunch, or dinner. Combine eggs with vegetable cubes, slices or strips of meat, cheese, herbs, mushrooms—you name it. Then scramble, poach, or bake them up your very special way. Suggestions:

puffy spinach soufflé
creamy eggs Benedict
scramble and squash
quickie quiche Lorraine
vegetarian omelet

THIS MONTH'S WINNERS

(See recipes on pages 89 and 90.)

Cooks-of-the-Month

Joan F. Kocher, Cedar Rapids, Iowa
Mrs. Dewayne Staeck, Omaha, Nebr.

Runners-up

Mrs. Vincent Dowling, Tacoma, Wash.
Mrs. R. E. Ingram, Norris, Tenn.
Jan Shelley, Mill Valley, Calif.
Theresa Tate, Grand Rapids, Mich.

Honor Roll

Mrs. Gerald W. Bruner, Moorestown, N.J.
Jean Bush, Fairmount, Ind.
Mrs. B. I. Garside, St. Petersburg, Fla.
Stella M. Getzen, Baraga, Mich.
Mrs. Paul M. Mehrle, Jr. Columbia, Mo.
Ms. Irene Neumann, Flint, Mich.
Mrs. Genevieve Nowacki, Longueuil, Quebec
Mrs. Paul Rehkamp, Marshall, Minn.
Mrs. Jean W. Sanderson, Leawood, Kan.
Beverly L. Smith, Point Pleasant, W. Va.
Mrs. Linda L. Tucker, Saugus, Calif.
Mrs. William A. Wood, Granada, Minn.

CONTEST RULES

1. **Write or type your recipe clearly on one side of the paper and mark it "March Molded Vegetable Salads" or "March Egg Main Dishes." If you wish, send a recipe for each of the two categories.**
2. **Print your full name and address in upper right corner of paper.**
3. **Give measurements in *level* cups, tablespoons, teaspoons.**
4. **Specify brand names of the *nationally* known food products you use as ingredients so we can test your recipe with the same brands.**
5. **Include 50 to 100 words about the origin of the recipe you submit.**
6. **Recipes submitted become property of Meredith Corporation.**
7. **Entries must be postmarked by midnight, August 31. In cases where duplicate recipes are submitted, the one with the earliest postmark will be judged. All judges' decisions will be final.**
8. **We reserve the right to adjust and edit winning recipes.**
9. **Address the recipes you enter to 7308 Test Kitchen, Better Homes and Gardens, Des Moines, Iowa 50336.**

How to order material from the magazine



Project Plan 4308-1
Plans for the custom Cookout Cabinet on page 52 are available for $2 with the coupon below. The plan includes a materials list, working drawings, and cutting instructions.



Project Plans Catalog and Handyman Tips 04221
Add convenience and beauty to your home with money-saving projects you build. You can choose from over 150 projects, all photographed in this catalog. Just select the items you want and order plans for them. The Handyman booklet contains hundreds of helpful ideas to make shopwork and projects in your home easier and more professional.
Catalog and booklet—$1.00

Children's Patterns, page 56
Before ordering, measure your child carefully and compare the results with our body measurement chart. To see back views, turn to page 99. To order patterns, check boxes below.

BODY MEASUREMENT CHART

Size	2	4	6	8	10
Chest	21	23	25½	27	28½
Waist	20	21	22	23½	24½
Hip	23	24	26	28	30
Back waist length	8½	9	10	12	12
Height	36	40	45	49	54½

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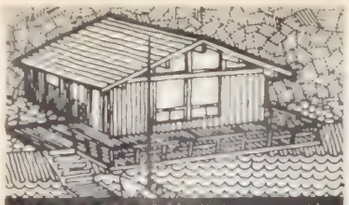
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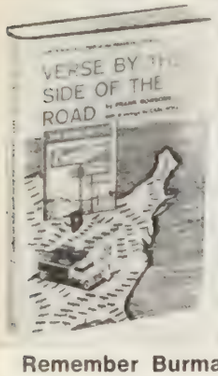


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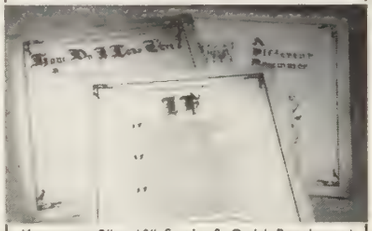
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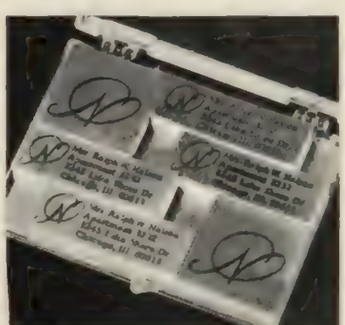
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Good Ideas by mail from Walter Drake

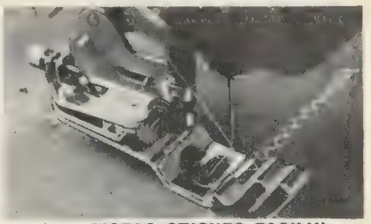
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PERSONALIZED VINYL DOOR MAT

For your own home and for gifts! Tough, springy vinyl tips trap sand, grass, dirt. Self-draining. Name is molded in white letters (max. 17) on blue, green, red, brown or black mat. 19" x 30". Specify color. 2-4 weeks delivery.

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Simply remove regular foot, put Zigzagger on needle bar and you're ready to sew decorative stitches on dresses, towels, tablecloths, etc. Adjusts easily from a narrow to wide stitch. Fits all domestic and imported machines.

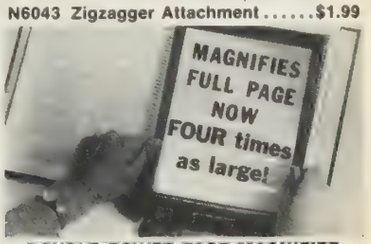
N6043 Zigzagger Attachment $1.99



SELF-STICK GOLD FOIL LABELS

Gleaming gold foil labels stick anywhere — a smart touch to personalize letters, books, cameras, briefcases, records, etc. Classic border, handsome black printing. 1" x 1¾". Up to 4 lines, 27 letters and spaces per line.

P4010 250 Gold Foil Labels $1.98



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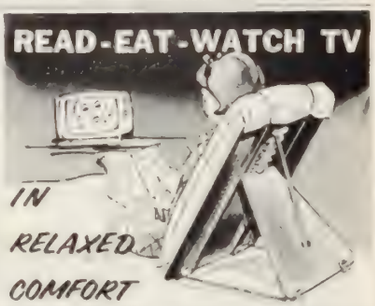
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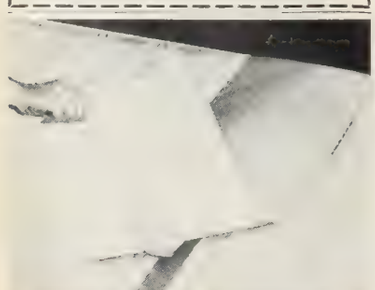
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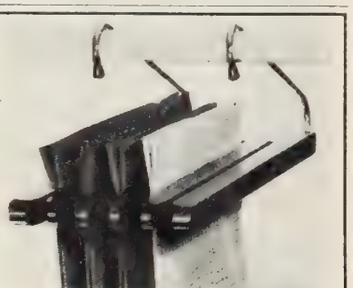
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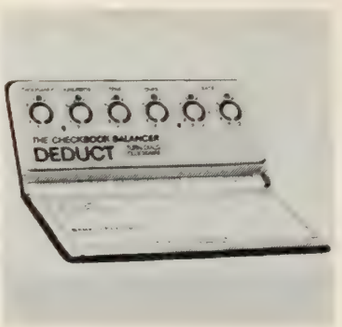
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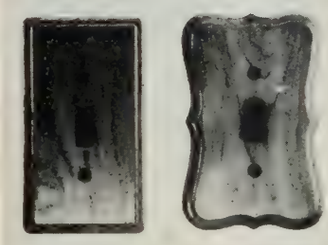
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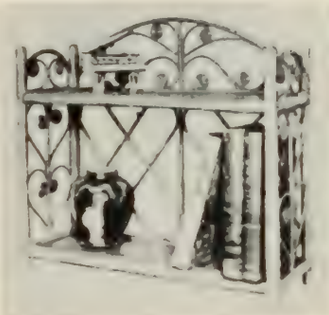
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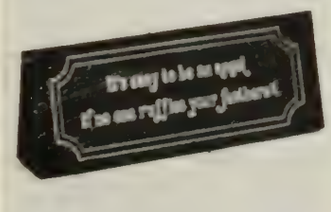
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only when something "ruffles feathers" that we appear to be newhat less than angels. Solid, rubbed walnut marker en- ved in silver lettering. 24-kt. d border highlights the word- . 4½" x 2". Style Pf-11. $1.45 , 3 for $3.95. Plus 55c post. ear Engineering, Inc., 3012 ear Bldg., Colorado Springs, lo. 80933.



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Keeps Litter In Box . . . Off Floor!

- **SANITARY . . .** Hands never touch mess
- **EASY TO CLEAN . . .** Open hinged lid, lift out liner
- **WASHABLE . . .** Durable polypropylene construction



COMES WITH 6 PLASTIC LINERS FOR EASY DISPOSAL

Here's a deluxe no-mess "john" for your cat that is clutterproof and messproof. Kitty simply can't scatter litter on floor no matter how energetic her "cover-up" efforts are! Hinged protective shield keeps litter IN the box where it belongs . . . locks disposable plastic liner firmly in place. Simply unlock hinged top, lift out liner and dispose of it intact! Your hands never touch mess. When your house stays cleaner . . . with no litter tracked from room to room . . . puss becomes even more lovable! 15" x 20" long unit is of durable, washable polypropylene construction. And, if you add our spray deodorant to kill the unpleasant smell — Everything comes up roses! Extra liners come in pack of 12.

Z70060X . . . Kitty Box $7.98
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Hanover House, Hanover, Pa. 17331

HANOVER HOUSE, Dept. Z-868
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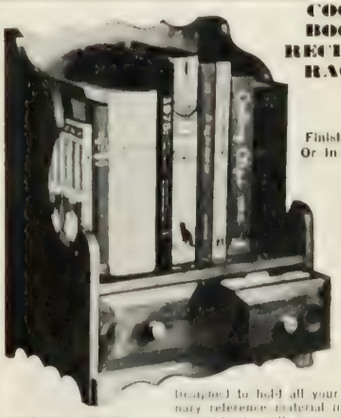
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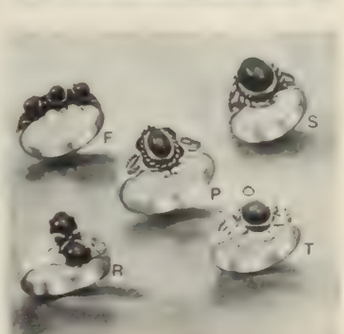
Pet's coat of arms

Send your pet's name, breed, coloring and markings and artists will hand-paint a full color portrait of your pet. If pet's a mixture, send a picture. Touches of gold, red, and black enhance the natural beauty of your pet. 8" x 10". $2.95. In black frame, $4.95. Plus 50c post. West-Berg Int., Dept. BH8, P. O. Box 4749, Colorado Springs, Colo. 80930.



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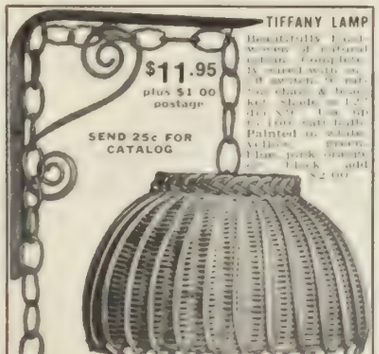
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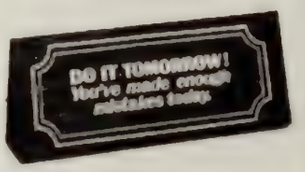
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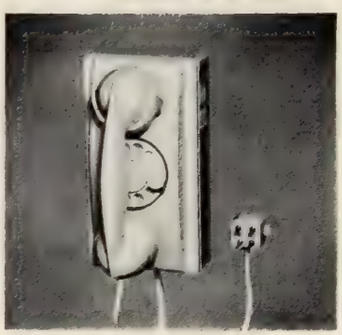
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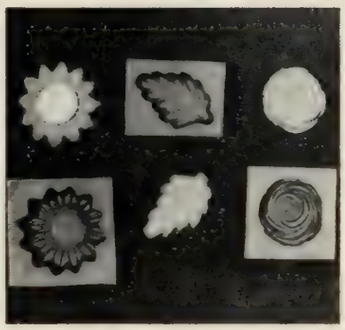
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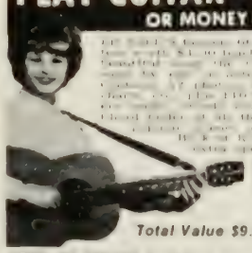
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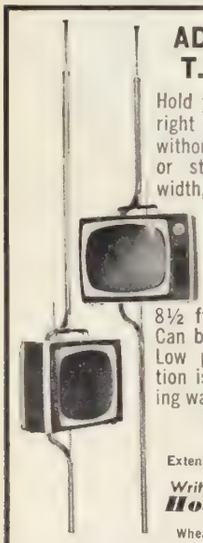
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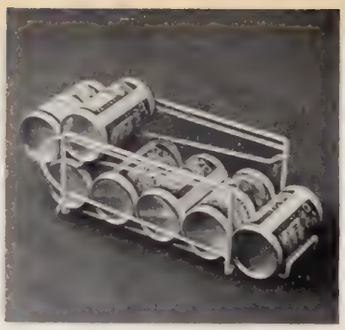
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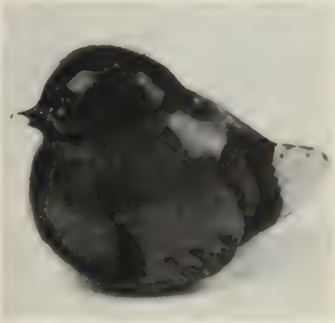
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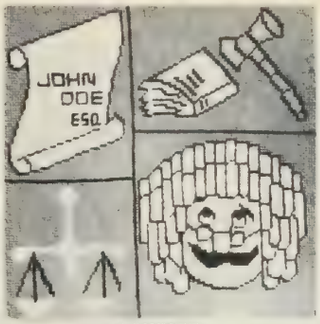
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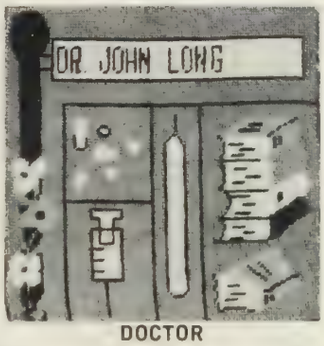
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Here are 4 handsome personalized gifts to work in needlepoint. Shown here as plaques, they could also be used as pillow tops or framed pictures. Each kit includes design hand-painted on white mono canvas, Persian yarns to work brightly colored design on richly colored background, needle and instructions, including directions for working subject's name. 10" x 10" design on 14" x 14" canvas. Only $15.95 each plus $1 pstg. Other career plaques available at the same price: Stockbroker, Nurse, Teacher, Pharmacist, Architect-Engineer and Insurance Man.

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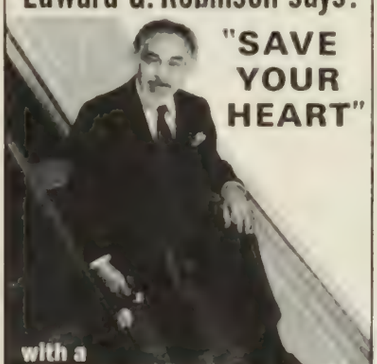
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Check block below for free kit if you're interested in earning extra money part-time or full-time as a Stark salesman.

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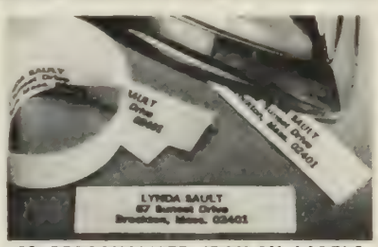


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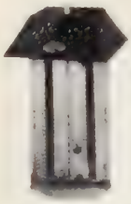
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COFFEE STARTER will have your coffee ready when you wake up in the morning. Put water & coffee in pot night before, plug cord into starter, starter into outlet, set time. PRESTO Next morning your coffee is ready when you roll out of bed. Next best to having someone wait on you. You'll love being spoiled!

$6.98, 2 for **$13.95** 50c postage and hdlg. No C.O.D.'s please

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For women who prefer to keep silverware handy instead of storing it on a closet shelf. Pad fits in buffet or sideboard drawer and keeps flatware nestled in dividers of soft Pacific Silvercloth. Silvercloth absorbs all tarnish and folds over at the top, eliminating dust. Standard size, 14 x 12 x 2½" holds 108 pcs. Jumbo size, 17½ x 14 x 2½" holds 120 pcs.
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Plus .95¢ Postage Each

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Just four complete lessons tea you the abbreviated symbols us to speed up dictation and not taking. Easy course is ideal f students, career women, club se retaries. Two-book set incl. le sons, practice handbook for d veloping speed. Good for school businesses, too. $2.95+35c pos J. W. Holst, Inc., BG83, 1005 Bay St., East Tawas, Mich. 4873



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Electric pencil engraves on stee plastic, wood—almost any har surface. Permanently identifie cameras, tools, bikes, etc. It's s practical: use it to engrave gift Tough plastic casing, hardene steel engraving rod. UL listed $7.99 ppd. Refill engraving ro $1.50 each ppd. Walter Drak BH14 Drake Bldg., Colorad Springs, Colo. 80940.



Walnut recipe chest

All your favorite recipes will b neatly held together in this walnu wipe-clean thermoplastic chest There's room for loose recipes clippings, notes, stamps, coupons etc. Holds thousands of 3" x 5 cards (not incl.). Top lid double as a reading stand for 2 cards. 2 preprinted tab separators. $5.9 + $1.00 post. Holiday Gifts, Dept 408-L, Wheat Ridge, Colo. 80033



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continued

Needlework for all Seasons

from Better Homes & Gardens



Jacobean Handbag

A magnificently colored design; use it as a handbag or to carry your needlework items. This bright and gay design is so simple to create; can be finished in just a few short hours. A big 17" tall, 12" wide; it looks like priceless museum tapestry. Kit includes design stamped on parchment linen bag, crewel yarns, lining, and instructions.



Crewel Wall Clock

Create a treasured heirloom. Kit includes clock face stamped on luxurious cotton and linen fabric, crewel wools and floss in authentic soft colors, frame, mounting board, precision clock movement, needle, and easy instructions. Frame already assembled and completed just snaps together. 14½"x2½" deep. Electric or battery operated. (Batt. not included.)



Serenity Prayer

Stitch this ageless thought and make it a permanent part of your home. It's easy to do—a simple cross-stitch—and very economical. Kit includes design stamped on fine quality linen, cotton embroidery floss, and complete instructions. Sampler fits inside our beautiful 14"x18" walnut grain finish frame. Truly a conversation piece.



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Bright and gay, this round 14"x2" box pillow will bring springtime freshness to any room. Easy and enjoyable to do—a treasure to own. Kit comes complete with design stamped on lime linen for entire pillow, 2"-wide boxing strip, matching piping, brilliant crewel embroidery yarns, zipper for easy cover removal when cleaning, needle, and instructions.

Please send me the following:

- ☐ **Kit 00489 Jacobean Handbag $6.95 each**
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- ☐ **Kit 00879 Batt. Clock $27.50**
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  - ☐ **2 for $38.98**
- ☐ **Kit 00302 Serenity Prayer $2.25 each**
  - ☐ **2 for $4.00**
- ☐ **Frame 00098 $7.00 each**
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- ☐ **Kit 00453 Pansy Pillow $6.50**
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Please include payment for postage and handling: for orders up to $5 add 45¢; from $5.01 to $10 add 75¢; from $10.01 to $15 add $1; from $15.01 to $25 add $1.25; over $25 add $1.50.

Send order and remittance to:

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P.O. Box 374, Des Moines, Iowa 50336

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Address_____

City_____



PERSONALIZED TREE TWINKLES

HEIRLOOM ORNAMENT 1973

1346 1973 Heirloom $1.98 6 for $9.98

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TWINKLES FOR EVERYONE

1164 Angel with Bell
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$1.00 each 12 or more 79¢ea.



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MAIL COUPON NOW to get 3 best-sellers on approval with your FREE $2 Assortment. PLUS FREE Exclusive Personal Card Album of 48 big profit Selections and handy Carry Kit FREE. Send no money. Act today.

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Send handy, Introductory Money-Making Kit on approval with FREE $2.00 box, FREE Cardinal Carry Kit and FREE Personal Album. Tell me about "Christmas Postcards" and Pop-Up Pens, too!

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Bronze-Plated in Solid Metal

Only $3.99 a pair



GUARANTEED PARENTS' MAGAZINE

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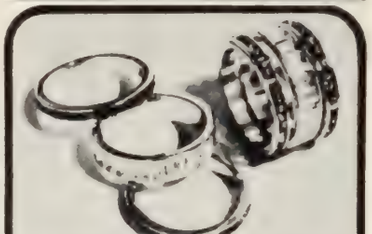


NEW PUSSYCAT POSTER

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Send 25c for catalog & ring size card

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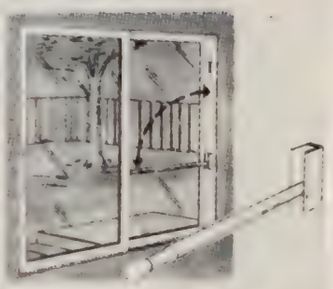
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WILLIAMS STAMP CO., Dept. 8BH7 St. Stephen, N.B., Canada



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Fabulous hot pot boils 4 cups of water in 2½ minutes. Great for instant coffee or tea, canned food, baby bottle, soup, etc. Useful at home, in the office, or in a hotel room. Polished aluminum with drip-proof spout, insulated base and handle, electric cord. $3.98 ea., 2 for $7.85. Plus 50c post. ea. Order from Collier's, H-873-E, P.O. Box 585, Skokie, Ill. 60076.



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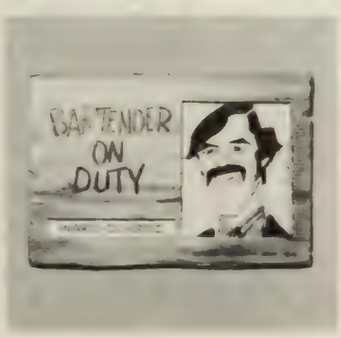
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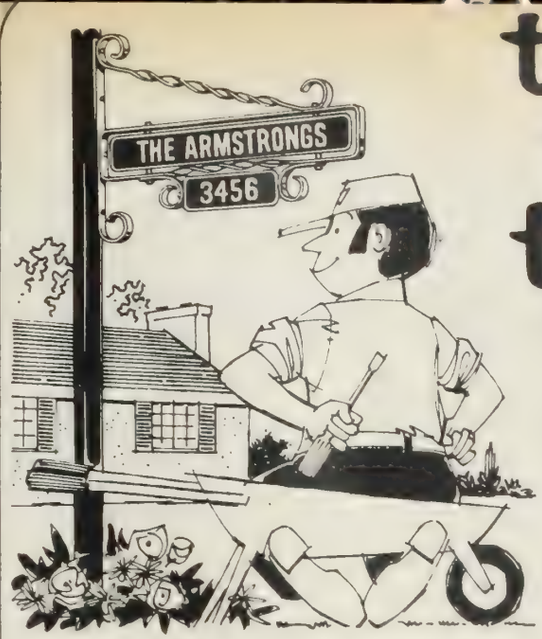
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(FIT ANY MAILBOX)



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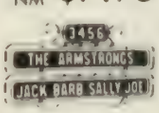
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The man next door

Burt, Jr., came home from camp with a clutch of trophies, a rattlesnake skin, a live frog, and the address of a little girl from K-Wah-Sho-Kai across the lake.

A trend among the younger set is for weddings in meadows. Some of the local farmers, who are afraid the guitar music will upset the cows, have posted "No Marrying Allowed" signs.

Our 11-year-old Judy is disconsolate because the municipal swimming pool will close soon. Judging from the amount of time she spent in it this summer, I estimate it will be November before she dries out.

The most recent postcards of our county courthouse show quaint old automobiles parked on Maple Street, including one that Doc Pritchard still drives.

Back from his vacation, the Rev. George Hall says he played golf with a rabbi and a Catholic priest but was disappointed that none of those things happened that are always reported in the jokes.

Elaine Cowan thinks computers have some nerve. They mess up her charge accounts and then offer to pick out the ideal husband for her.

Rosemary is looking forward to the start of the school year and admits there's a boy involved. Not anyone she knows on campus, you understand, but the little brother at home that she'll be getting away from.

The cook at the little diner where I occasionally eat likes to keep up with the times. He features the Atomburger, Rocketroni au gratin, and a stew he can only explain as a spin-off from Space Age technology.

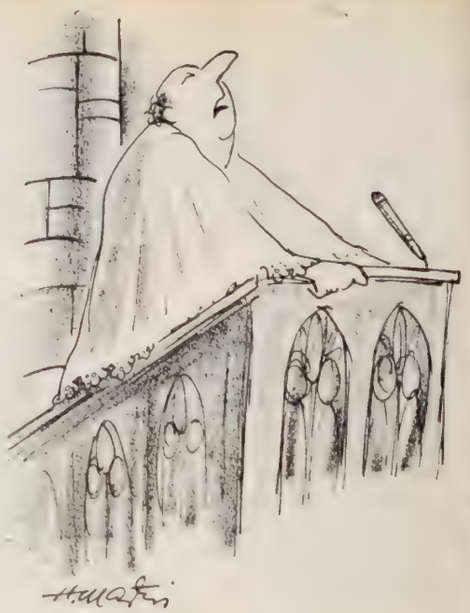
The idea that husbands and wives end up resembling each other is an old bit of folklore. It's been around so long, in fact, that Chris says it almost kept her from marrying me.

I suppose we must agree with our children that the generations preceding them are responsible for trashing the environment. But why, then, does the litter on the sidewalks always seem to be thickest around playgrounds and schoolyards?

We are all tickled to have competent Marge Tucker as the first woman vice-president of our company. And the few who complain about the angle at which she parks her car in the executive lot are dismissed as male chauvinists.



"He was beloved as a person but rather indecisive as a leader."



"Heal the sick. Solace the lonely. Comfort the bereaved. Placate the ripped-off. Console the mugged. Unwind the uptight . . ."

We haven't always had a dog in the Hillis family. Our most recent pooch, Pierre, a black, silky-haired cocker spaniel, was the gift of a friend moving into a no-dog apartment.

From the moment Pierre joined our family he energetically involved himself in our home and social activities. He quickly made it clear to everyone that he would be our official watchdog, including, as it turned out, our special critic of the people we allowed in the house. If he disapproved of anyone he would growl or bark the equivalent of "Get them out of here!"

On shopping days Pierre would make a special effort to alert nearby neighbor dogs that he was about to ride in the family car —a status symbol with him. Most of the other dogs in the neighborhood did not have this privilege. Failing to include Pierre on an auto ride would invariably result in a loud-bark scolding when a Hillis walked back into the kitchen with a large bag of groceries.

Unlike humans, this dog wasn't difficult to read. You were his friend if he wagged his tail. If he barked or snarled, it had to be that he didn't approve of you—or what you were doing.

Pierre died a few weeks ago, victim of a short summer illness that stopped him well before his time. Everyone in the family feels the loss, of course, in a wide variety of ways. Chris misses Pierre's constant cheerfulness; Judy, the kooky ways he begged for sweets; Burt, Jr., the joy Pierre found in rough-and-tumble play.

As for myself, I'm surprised to find that I miss mostly his mind—probably the most uncomplicated, direct, and thoroughly honest I've ever known.

Burton Hillis

CIRCULATION 7,777,777
September 1973 • 50¢

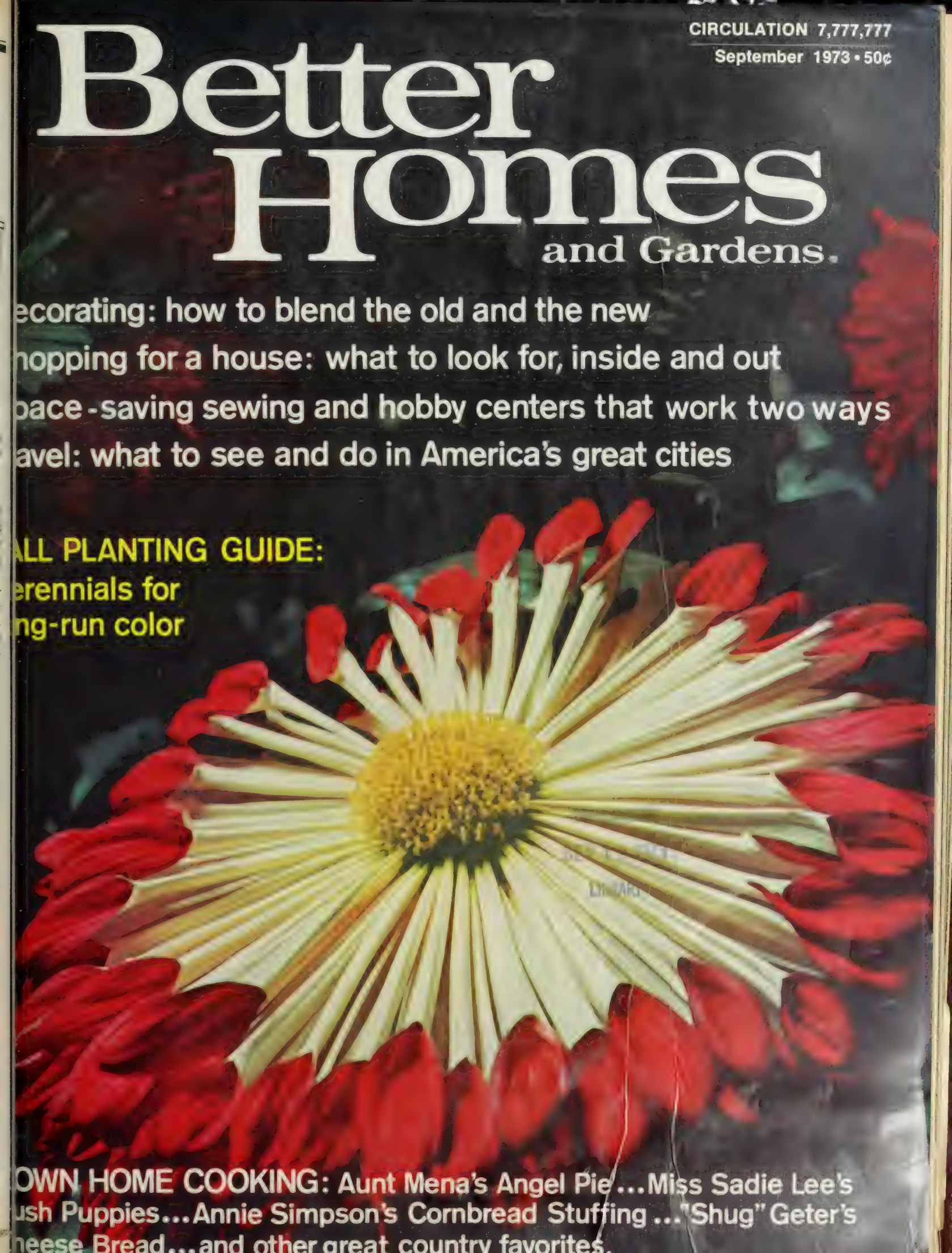
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DIVORCE:



IS IT DESTROYING THE AMERICAN FAMILY?

The high rate of divorce in this country is clearly cause for concern. And increasingly the concern is changing to alarm. The American family, some say, is divorcing itself out of existence. What's more, recently published statistics indicate more young people appear to be shunning marriage, avoiding the formation of a family in the first place.

Those who see eventual extinction for the nuclear family of husband, wife, and children predict it will ultimately be replaced by man-woman relationships which are more flexible and less binding—such as group marriages, temporary marriages of mutual consent, and by an emerging national preference for the single life.

Actually, few if any responsible social scientists believe conventional marriage is about to disappear from the American scene. Most predict that the overwhelming majority of young people will eventually marry, raise families, and remain married to their first spouse. But the same experts concede that any trend in the opposite direction is reason for worry.

The soaring divorce rate in this country, on the surface at least, seems to point to such a trend. Whatever the figures may or may not bode for the future, they clearly indicate important changes in our national attitude toward marriage and divorce.

Barring a downturn in the current divorce rate, as many as one in four or even one in three young married couples face the prospect that their marriages will end in divorce. At 4.0 divorces per one thousand population, our annual divorce rate is now approaching the high of 4.3 recorded in the post-World War II year of 1946.

Even this statistic, however, understates the true extent of our rising divorce rate. A better indicator is the number of divorces among married women age 14 to 44, the period when most divorces occur. In 1960, there were 16 divorces per one thousand women in this age range. In 1972, there were 30—almost double the rate of 12 years earlier.

Divorce is on the increase in other parts of the world, too, but nowhere else is it as frequent as in the United States. Our present rate of divorce is nearly triple the average of 24 mostly European countries.

Such statistics are certainly no cause for comfort. But neither are they proof that the family as we have known it is breathing its last gasp. Indeed, looking into and behind the dark cloud of divorce—something the alarmists neglect to do—there are reassuring signs the family is still alive and well in America.

Our higher divorce rate doesn't necessarily mean that we are less happy or less moral than before, or than people in other countries. It does indicate that Americans are less reluctant than in the past to terminate a marriage they consider beyond repair.

Some of the reasons are apparent: Admission of marital failure no longer carries the social stigma it once did. Today's women are better educated and more financially self-sufficient. And with personal incomes at record levels, divorce is an increasingly *affordable* alternative to an intolerable marriage.

Furthermore, most social scientists agree that American families today expect more *out* of their marriages in terms of personal fulfillment. They are less willing than in the past to perpetuate humdrum marriages which have deteriorated into boredom. They expect, in short, a marriage relationship to be more than just tolerable.

"We've changed our ideas about what constitutes a happy marriage," says one authority. "While this raising of our goals is probably a good thing," he adds, "it is bound to produce some increases in the number of marriages which are judged to be failures."

The trend to "no fault" divorce laws makes it *easier* than ever to end an unhappy marriage. Until recently, most states required as a precondition for divorce that one party be judged "guilty" of some wrongdoing. If the wronged party indicated forgiveness of the other's transgression, or if both partners were guilty, a divorce was usually not granted.

continued on page 75

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Cover photograph (spoon chrysanthemum—variety Alabama): Hopkins

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We go to a lot of pains.

Getting the most out of life insurance



Most people think of life insurance as providing money for their families in case of death—and rightly so. Life insurance is about the cheapest low-risk way you can obtain significant financial protection immediately. Even though you had just paid your first premium on a $20,000 policy, for example, your family would receive the full $20,000 if you were to die.

But life insurance can provide more than just a financial umbrella for your family. There are ways to use life insurance to help pay for your retirement years or your youngsters' college costs, for instance, as well as plans adapted to many other family needs.

Basic life insurance coverage is essential to every family, and you should at least consider the various options you can get along with life coverage. As you look over the possibilities that follow, however, remember that none of them is unique to life insurance. You may prefer other savings plans or other ways to plan for retirement. Also, because many kinds of life insurance provide other benefits along with basic protection, the return on those extra benefits may not be so great as they would through other means that did not also provide life protection.

Before going into the options, it's important to review the basic kinds of life insurance plans you can buy:

- *Whole life insurance.* Also called "cash value" insurance, whole life builds up some savings while providing full coverage in the amount of the face value. That face value is paid in full to a named beneficiary when the insured dies. *Limited payment life* plans require premium payments for a specified number of years only, at which time your coverage continues even though you stop paying premiums. *Straight life* (or *"ordinary life")* plans require payments for life. Premiums remain the same as when you purchase any whole life policy. The older you are when you buy new policies, the more they will cost.
- *Term insurance.* These policies build up no cash value and they terminate after a specified length of time—typically, five or ten years. Term insurance is less expensive than cash value insurance bought at the same age, and costs of buying a new plan increase significantly with your age. Benefits are paid to your beneficiary when you die. You can exchange *convertible term* policies at your option for cash value insurance—and you needn't show evidence of insurability at the time of conversion. (You might be required to take a physical exam to buy a new term policy, unless it is a *renewable policy.)*
- *Endowment insurance.* Benefits are paid to you, the insured, if you are living on the maturity date stated in the policy. If you die before that time, full proceeds go to your named beneficiary.
- *Annuity contract.* This is not really life insurance, but an arrangement through which you can be guaranteed an income for a specified period of time—for a number of years, or for life. Variations of annuity contracts can include regular payments to a named beneficiary or even to your estate if you should die before the plan runs out.

Now, here are some ways you can use life insurance for specific needs, in addition to providing immediate family protection:

As a savings plan. Although life insurance is not a savings account, it can be a basic part of your family thrift plan. If, say, you buy an endowment policy at age 40 for an annual cost of about $455, you can accumulate $10,000 in 20 years. (This is the cost of a typical policy of this type and size, with no dividends payable.) During those 20 years, you'll have $10,000 face value protection for your family.

For broader family protection while you build up savings, you can use any of the other policy plans, except term insurance. A straight life policy, for instance, bought at age 40 with the same annual cost of about $455 as in the $10,000 endowment example above, would give approximately $17,000 of insurance protection. At the end of 20 years, there would be a cash value of some $6,600.

Note: The reason you get more insurance for the same price with straight life than you do with an endowment plan is that the cash value piles up faster with endowments. At the end of 20 years you're done paying and you collect the $10,000 outright. With straight life, you could take the $6,600 cash value at that time (or less earlier), giving up the insurance coverage; or you could continue to pay premiums every year and maintain the insurance, as well as expand your cash value.

Another savings element in certain life insurance policies, called "participating" policies, is the accumulation of dividends, which is in fact a refund of part of the premium the company does not need at the end of the year. Rather than take them in cash each year, you can leave your dividends with the company to buy additional insurance—or to earn interest, currently from four to 5½ percent.

The accumulated dividends for 20 years in one company, for instance, totaled $3,450 for an $18,000 straight life policy bought at age 40. Added to the cash value in the policy, this would have made available to you nearly $10,500 after 20 years, if you had wished to use the money.

For emergency loans. After the second or third year with cash value policies, you have at hand an emergency fund which can be taken either as a loan—or withdrawn in full, if you no longer want the policy protection. (The cash value serves as collateral so you can borrow from the funds of the company.) This loan feature can be a great help in a financial emergency, such as paying hospital or college bills, retiring a mortgage, supplementing a family business, or providing retirement income.

The interest rate charged on life insurance loans is usually five or six percent, depending upon the policy; terms are lenient. There are no qualifications or credit restrictions. You can borrow almost the full cash value at will. You need not pay back the loan amount, although you must keep up interest payments. However, your family's protection is reduced by the amount of loan (plus interest) you have outstanding, so in most cases it's important to be punctilious about paying back the money.

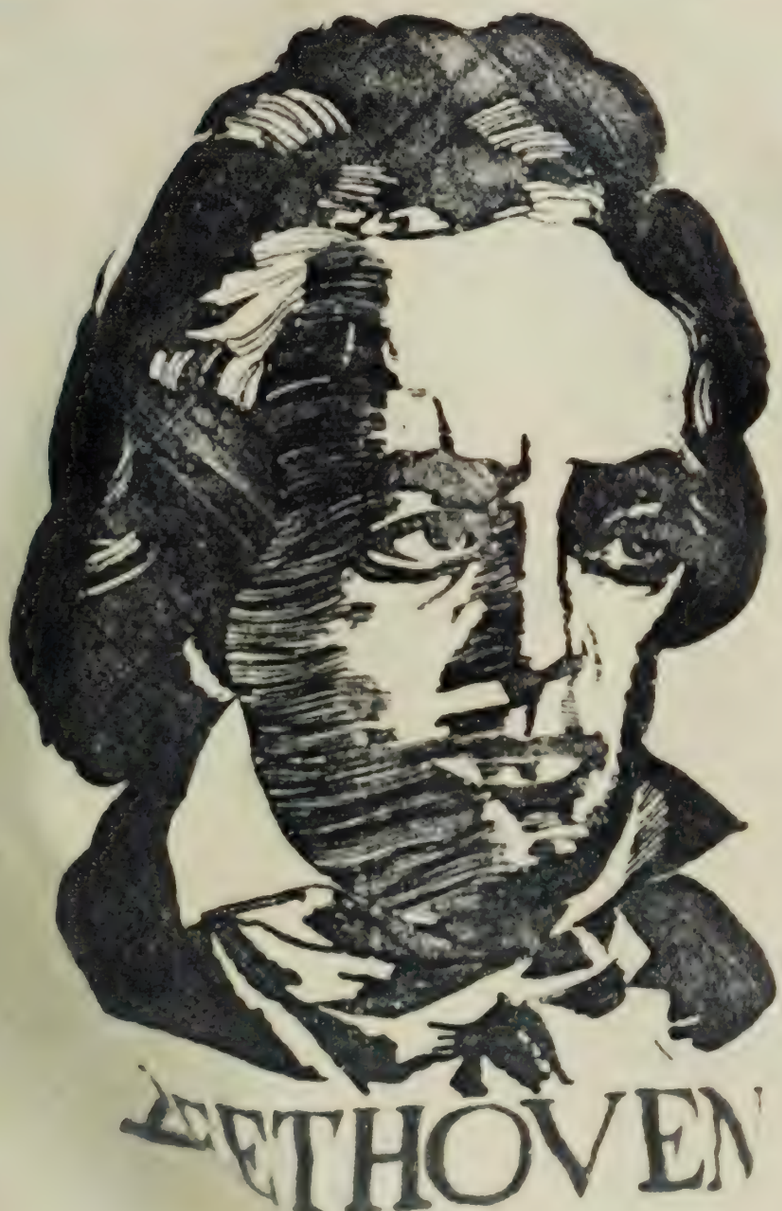
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To pay off your mortgage. An important form of credit protection is life insurance to help meet your mortgage commitments, whether you live or die. You can protect your family through a term policy that would pay off the mortgage in full if you should die. Such a plan could cost as little as $130 yearly (bought at age 40, for a $20,000 mortgage).

By taking out a straight life plan instead, you can arrange for funds to help meet periodic mortgage payments in case you become strapped for cash. This would cost more, but you may be able to set up the plan so that the cash value would accumulate at about the same rate as mortgage payments would need to be met.

continued

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You'll be surprised, but they really will notice the nice things you do to their clothes with Downy Fabric Softener. Like getting them Downy soft. Like rinsing in an April Fresh smell. And rinsing *out* a lot of static cling that's so annoying in freshly laundered clothes. No wonder Downy-rinsed clothes have earned a lot of mothers a lot of compliments.





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continued

Life insurance

Thus you would have a reserve fund for payments. In fact, there would come a time when the cash value would about equal what you would need to pay off the mortgage completely.

For education financing. There are a number of ways to make sure your youngsters will have enough for their college education, even if you no longer are around to provide the cash. At the same time you assure lump-sum protection via the policy's face value in the event of your death, you will be spreading the burden of heavy college costs over several years by buying an endowment or limited payment life policy that would accrue the desired amount by the time your child reaches college age.

With an endowment policy bought at his birth when you were, say, 30 years old, you could have $20,000 fifteen years later for a cost of $1,200 a year. A 15-year limited payment policy for the same amount would cost $610 a year. In each case, there would be $20,000 for college costs available if you should die. Once the policies mature, you might arrange to have payments made over the four college years annually, quarterly, or monthly, while the bulk of the money would continue to earn interest.

As a retirement plan. Annuities can help with finances during retirement, but you also may use straight life, limited payment life, or endowment insurance for the same purpose. By the time you reach age 65, some of your original life insurance needs probably will no longer exist. You may wish to use the cash value of the insurance to guarantee additional life income and supplement social security, pensions, annuities, or other income sources. A $25,000 straight life policy you bought at age 26, for example, might have sufficient cash value at the time of your retirement to guarantee about $1,000 a year for life.

Note: You might want to consider buying a variable annuity contract. With this arrangement, the actual amount of each payment you receive may go up or down, depending upon the particular guideline used by your company —the securities market, cost of living index, or some other variable.

To make tax payments. If your net worth will put you in the estate tax bracket at death, you might want to set up a life insurance policy to help pay off Uncle Sam and keep most of your estate intact for your heirs. Otherwise, either cash or investments might have to be used, and possibly some of your estate would be sold, at sacrifice prices.

As a trust fund. You may have special needs, such as caring for a dependent or invalid parent or a child, providing a charitable gift, or setting up an educational fund.

Some needs can be complicated and require a formal trust fund, with an expert trustee to watch over the assets and meet changing circumstances. But often your arrangements about how life insurance proceeds are to be paid out can provide the equivalent of a trust fund. You can arrange to have the money paid to any designated person or institution in a lump sum, for instance, or as income, or as a combination of the two. You even can defer payments to a future date—say, when your youngster reaches a certain age. Where an actual trust is desirable, life insurance proceeds still can be used to provide the funds for the trust.

In case of disability. Two kinds of disability benefits can be provided by your regular life insurance policy simply by adding in special clauses. One is a plan to pay all premiums in case you become totally and permanently disabled. (That means total disability lasting six months or longer.) Typical costs for a man range from 35 cents per $1,000 policy on a straight life policy bought at age 21, to $8 per $1,000 on a retirement policy bought at age 55.

The second kind of disability coverage pays a monthly income (usually $10 per $1,000 face value) in case of permanent disability. This monthly income plan costs more, but is relatively inexpensive for long-term cases.

Note: Among many options you may have when you buy life insurance, consider these to help safeguard your insurance position.

- *Automatic premium loan.* With this provision, if you fail to pay a premium within the grace period, the company will automatically take out a loan for that amount against your cash value. Of course, you'll have to pay interest on the loan, and the face amount of your policy is reduced accordingly, but at least your policy won't lapse just because of an oversight on your part or a temporary inability to pay.
- *Guaranteed insurability.* This option gives you the right to buy a specified amount of additional insurance at specified times later on, no matter how good or bad your health at that future time. ■

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More miles from a gallon of gas

With the impending energy crisis and rising cost of gasoline, every extra mile you can get from a gallon means more money in your pocket than ever before. Or, you may want to look at your savings in another way—if fuel should be rationed in the future, economical driving habits could mean traveling many more miles on the same quantity of fuel each year. And ecologically, burning less gas also means cleaner air.

Changing your driving style may mean breaking habits that you have developed over the years, but now is as good a time as any to incorporate the following economy tactics into your driving routine:

- Maintain a constant accelerator position when climbing hills. Attempting to accelerate or maintain a constant speed on upgrades wastes gasoline while delivering very little extra speed. Try pushing hard on the accelerator when climbing a hill and notice how slowly speed increases. Of all the gas-wasting tactics, this one is the worst.
- Instead of picking up speed on downgrades and then braking to slow your car or rec vehicle, back off on the accelerator enough to maintain a constant speed.
- With a trailer or camper, shift down to a lower gear when climbing hills to avoid heavy lugging. Extra engine rpm generates power more economically than lugging when pulling a heavy load.
- Keep tires inflated to recommended pressure or slightly higher.
- Keep your engine properly tuned.
- Change speeds gradually with featherlight action on the accelerator. Learn to look far ahead and time your speed through signal lights and traffic to minimize starts and stops.

Cars, trucks, and RVs with stick shifts permit closer control of gas consumption, but automatics can benefit too—principally by avoiding quick accelerations that prevent gear shifts at normal step speeds. Uphill and downhill speed control works effectively whether your vehicle is equipped with a stick shift or automatic.

Ordinarily, gas mileage improves at constant speeds up to a maximum of about 55-60 mph, with automatics topping out at higher speeds. During acceleration to higher speeds, gas mileage drops—markedly for quick accelerations, less sharply for gradual accelerations. Above your vehicle's most efficient speed, gas consumption increases sharply.

Wind affects gasoline mileage of all cars, but RVs in particular because of their bulk. While no driving technique will compensate for wind, you can expect the most efficient speed to be five to ten mph lower with a headwind and a few miles per hour higher with a following wind. Otherwise, the above rules apply. A strong headwind, if you're pulling a bulky trailer, can cut gas mileage by one to three miles per gallon.

Owners of pickups with campers, motor homes, and car-trailer combinations can increase gas mileage 20 percent—often up to 30 percent—by following tips gleaned from tests with a direct-reading miles-per-gallon (mpg) meter. Looking much like a speedometer, the needle of the mpg meter instantaneously reports changes in gas mileage as you drive. The needle swings from two to three miles per gallon during low geared start-up to eight, ten, or 12 mpg at constant speed cruise over level roads.

The mpg meter operates simply and the cost (about $80 for an accurate one) makes it practical for installation on individual RVs. There are units available for most cars, but at the same cost, so your savings would have to be figured on the long term, perhaps longer than you'd own the car.

The ultimate method for figuring gasoline consumption is computing average miles per gallon over several hundred miles by dividing miles covered by gallons consumed. But the averages do nothing to indicate wasteful driving habits along the way. With an mpg meter installed, immediate feedback reports how you're doing, and you learn to adjust driving habits accordingly.

The mpg meter quickly pinpoints poor driving habits. With one eye on the needle, you become a feather-footed driver fast. ■

Disc brakes: are they better?

As you have probably noticed, the automotive industry is gradually switching from drum brakes—the kind we've had for about 50 years—to disc brakes. For 1974 they are standard equipment on numerous cars and light trucks, and are the only power brake option on many others. Within the next few years, practically all cars can be expected to come with disc brakes.

Why the change? Even automotive engineers who design disc brakes admit that drums are still satisfactory for most cars and most drivers. The answer is that discs are even better. The differences are relatively small, but discs offer several distinct advantages.

For instance, they offer greater directional stability. They virtually never pull to one side, even in a panic stop. In some emergencies, this characteristic can be terribly important.

Another advantage is that discs are far more fade resistant. You very seldom encounter fade in normal driving, but just once can kill you. Disc brakes will do much more work before fade occurs (if ever), the fade is much milder, and they recover much more quickly.

In one test for fade resistance, engineers came down Pikes Peak with the transmission in neutral. The brakes worked almost perfectly from the summit to the gatehouse. In another test, they compared discs and drums in a series of 20 hard stops from 100 miles per hour. Drum brakes completed the 20 stops, but all the linings were damaged and one was completely shredded. The disc brakes were not hurt. In fact, they made 200 such stops without failure. Your brakes will never face such demands, but it is nice to know they could.

Disc brakes are relatively immune to water. It takes hub-deep water to affect them at all. Even then, the effect is slight compared to what it would be on drum brakes, and it disappears after one stop.

A fourth advantage, about the only one you will notice in normal driving, is that discs have improved modulation. This means it is easier to make a controlled stop: Wheel skid is not a problem. Braking force is directly proportional to pedal pressure. Discs have little speed sensitivity. The same pressure gives the same stopping force, regardless of your speed. With drum brakes, the braking force increases geometrically, and it is difficult to make a panic

continued


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Disc brakes

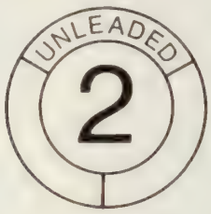
stop without locking the wheels.

Disc brakes are simple in design. A disc which rotates with the wheel is situated between two brake pads. When you apply the brakes, hydraulic pressure squeezes the disc tightly between them. Tremendously high pressure is involved, but it does not damage modern materials.

Instead of retracting like brake shoes, disc brake pads rub lightly against the disc at all times. This results in less pedal travel and shortens your response time. It also keeps the disc clean. Although you'd think that constant rubbing would cause heat and rapid wear, it doesn't. The pads actually last much longer than conventional linings.

Even though disc brakes are easier to service and replacement pads cost about the same as conventional linings, many garages charge more to work on discs, a fact that defies explanation.

Most cars use discs only on front, primarily because of problems in developing an emergency brake. But front brakes are by far the most important, since the car's weight shifts to the front during braking. Still, four-wheel disc brakes would be better than disc front/drum rear. ■



What a gasoline pump can tell you

Most car owners buy their gasoline on the basis of regular or premium grades as recommended for their cars by the manufacturer. These grades, however, may fade out of the automotive language as a new gasoline grading system begins to come into general use.

Basically, the new system, called the "Automotive Gasoline Performance and Information System," is the automobile industry's response to the demand by the Federal Trade Commission (FTC) that a gasoline's octane be posted on the dispenser from which it is sold. The system is

Antiknock requirements for gasolines

Number Designation	Application	Antiknock Index* Minimum
1	For cars with low antiknock needs.	under 87
2	Meets antiknock needs of most 1971 and later model cars.	87
3	For most 1970 and prior model cars designed to operate on "regular" gasoline, and for 1971 and later model cars that require higher antiknock performance than provided for in Designation 2.	89
4	A "mid-premium" or "intermediate" designation which meets the lower antiknock needs of some cars designed to run on "premium" gasoline and the higher antiknock needs of some cars designed to run on "regular."	91.5
5	For most 1970 and prior model cars with high compression ratio engines designed to run on "premium" gasolines, and for later model cars with high compression ratio engines.	95
6	For cars with high compression ratio engines designed to run on "premium" gasoline, but requiring higher antiknock performance than Designation 5.	97.5

*These figures are slightly modified in areas where the altitude is greater than 2,000 feet.

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Chicken How-So

According to Jim Bachline, a free-lance outdoor writer from Bowmansdale, Pennsylvania, this "mostly oriental" dish will guarantee your reputation as a gourmet cook. "All your friends will doubtless want to copy it," Jim predicts, "and that's half the fun of creative cooking. There's the kick of dreaming up a new dish, and then there's the thrill of being complimented. And 'imitation is the sincerest form of flattery'."



Photographs: Helms, Dieter

Like many of Jim's recipes, this rather offbeat combination of ingredients "just happened." He was searching for a new way to give fowl an oriental twist and discovered this version which his wife Sylvia and two teen-age daughters pronounced a winner.



CHICKEN HOW-SO

- 2 chicken breasts (1 pound), skinned and boned
- 2 tablespoons butter or margarine
- 1 can golden mushroom soup
- ½ cup water
- 1 beef bouillon cube
- 1 tablespoon soy sauce
- 1 teaspoon worcestershire sauce
- ½ teaspoon curry powder
- ½ teaspoon poppy seed
- 1 8-ounce can bamboo shoots, drained
- ½ cup sliced celery
- ½ cup sliced onion (1 medium onion)
- 1 3-ounce can sliced mushrooms, drained
- 1 small green pepper, cut in strips
- 3 tablespoons dry white wine
- 1 3-ounce can chow mein noodles

Cut chicken into 1½-inch pieces. In medium skillet, brow chicken in butter or margarine till golden brown. Stir in the sou water, bouillon cube, soy sauce, worcestershire, curry, and popp seed; mix well. Cover and simmer 15 minutes, stirring occa sionally. Add the bamboo shoots, celery, onion, and mushroom Cover and simmer 10 minutes or till tender-crisp. Stir in th green pepper and wine; cover and simmer 2 to 3 minutes mor Serve over chow mein noodles. Makes 4 to 6 servings.

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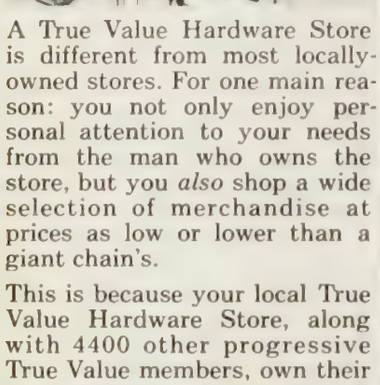
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Camping hazards you can live without

A combination of common sense and careful planning is the best defense against camping catastrophes. Anticipating mishaps that might occur helps you avoid them; preparing for them helps you handle those that happen.

Booby-trapped sites

Before going into an area, study it so you know what kind of terrain and wildlife to expect. Then prepare for it.

Ideally, you should locate your camp area on a flat knoll or rise away from dead trees which could blow down in heavy wind. The site should drain away from your sleeping quarters in case of a rainstorm.

Avoid overhanging cliffs, ravines, and dry stream beds. Marshy areas may give you privacy from people, but they do attract chills and insects that bite.

Camping near clean water is desirable. However, it's still a good idea to boil the water or use purifying tablets unless the water has been tested and posted safe. Wade into swimming areas before diving to locate underwater obstructions.

Dull axes, balky stoves and lanterns

The hand ax is probably the most useful yet lethal tool the camper packs—especially if it's dull. If you're chopping with a short-handled ax, you're close to the action. A dull ax could glance off the wood and inflict a ragged, hard-to-heal wound, so sharpen your ax before using. Test its sharpness by running your fingers *across* the blade, not along it. If you're cutting wood in wet weather, oil your ax blade to prevent rust.

Finally, store the ax and carefully sheathe the blade. Never leave the ax stuck in a log for an unwary camper to trip over.

Using gas lanterns and stoves before you're familiar with their operation can destroy the joy of camping trips, too. Before leaving home, carefully read manufacturer's instructions and check lines and seals. A little liquid detergent on the hose connections will bubble if there are any leaks.

Refill liquid fuel containers outdoors only and let spillage evaporate before lighting. Occasionally, stoves and lanterns will flare up when lit so keep loose clothing and hair clear. Then, if they do flare, just close the valve and let the excess gas burn out.

You can avoid these problems with propane stoves and lanterns. Their fuel cylinders are replaced instead of refilled. It's easy to convert gas stoves to propane by changing a fitting. Ask your camping equipment dealer to show you how.

Always store and use liquid fuels in leakproof metal containers, away from campfires and out of the hot sun. Treat the stored fuel as respectfully as you'd treat a live flame.

When breaking camp, let stoves and lanterns cool before packing. Throw empty propane cylinders into the trash container —never into a fire. They could explode!

Let liquid fuel containers cool before refilling. Either replace propane cylinders and tanks or ask a qualified dealer to refill them for you.

Fumes and sparks from camp heaters

Catalytic heaters will heat a tent in a hurry, but watch the hazards. Proper ventilation is essential. Tent or camper stoves require a flue to carry smoke and fumes outside.

All wood, gas, coal, and fuel oil heaters give off carbon monoxide while consuming oxygen so be sure you have adequate ventilation before operating them in confined areas. Carbon monoxide is heavier than oxygen and accumulates along the floor of tents and campers. Inhaling too much can be fatal.

Spoiled food and hungry wild animals.

Camping in warm weather without refrigeration poses bacterial problems for perishables. Fortunately, a well-insulated and properly iced cooler for transporting and storing foods can prevent spoilage. Here are a few tips to keep the contents cool.

- Use long-lasting block ice rather than cubes.
- Replenish your ice supply when you're running low rather than when it's gone. It's easier to retain the cold than re-chill the cooler.
- Move fresh frozen meats directly from your freezer to the cooler to keep other items chilled while the meat thaws.
- Keep your cooler in the shade.
- Open the cooler only when necessary, then close it quickly.
- Use commercial freezing liquids; they last longer than ice and don't melt into water.

No matter how good your cooler is, there are a few foods better left at home. Avoid uncooked egg-milk combinations. Cream pies and puffs, custard, puddings, and mayonnaise are particularly perishable.

Take along chilled fried chicken, cooked sausage, or fully cooked ham instead of fresh poultry. Rather than trying to keep a mixture warm, rehea chilled cooked mixtures at th camping site. And, if you d bring perishables, keep them o ice and serve them first.

Keep food off the ground t make sure you don't have to sha it with unwelcome visitors. I bear country never leave food i your car with the windows ope Instead, store your food in sturdy box and hang it from stout tree limb.

Finally, keep a clean, order site. Wash your dishes as soon you've finished eating and bo the flatware.

Irritating insects, animals, an plants

You'll always find wildlife welcome you or defend the rights in camping areas. Bitin insects will swarm to greet yo along lakes, rivers, and in marsh areas with thick vegetation.

Camping on dry ground swe by a good wind helps but it st pays to pack and use insect r pellent. Campers and tents wi floors discourage ticks, chigger ants, and other insects.

If you're going into snak country, wear high-top boot carry a snakebite kit, and kno how to use it. A moment of ca tion can spare you weeks of pai Don't explore holes in trees rocks with your hands.

Knowing the leaves of nettle poison ivy, and sumac will he you avoid an uncomfortable ras A bottle of calamine lotion fro your first aid kit will cure it. An before you cook wild plan make very sure they're edible.

Wet weather

Learn to read the clouds to fo cast the weather. They can t you whether to batten the hatch or plan for a glorious day.

Never fasten tent lines t tightly. If it rains, the lines w shrink and the wet canvas m tear. If you find yourself out in fierce thunderstorm, stay in t car away from trees.

Of course, you can't alwa count on weather forecasts pack your rain gear and a chan of clothes where you can get them quickly.

Too much sun

Sunburn and sunstroke are da time disasters that can spoil yo sleep the following night, or ev the rest of your vacation. Alwa wear a hat and sunglasses, a take along some lotion as prote tion from a hot sun.

If you've exerted yourself a hot day, you've probably l water and salt. To prevent h exhaustion, replace them drinking fluids and liberally sa ing your food. ■

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Is a community college right for your child?

Mount San Jacinto, Miami-Dade, Nairobi, Navajo Community, Hostos, Chicago City—their names frequently are unfamiliar even to persons living a few miles from their campuses. Yet two-year community colleges like these now comprise nearly half the nation's 2,500 institutions of higher learning and enroll more than one-third of our college students. By 1980 there will be 200 to 300 more such colleges and the enrollment proportion could rise to two students in every five.

Despite their obvious popularity, however, community colleges are widely misunderstood. They are often disparaged as "high schools with ashtrays" and as vocational dumping grounds for those previously thought uneducable. Even the educational "establishment" often regards them as being without academic standing.

The 1,100 community colleges in the United States are fantastically diverse, from Navajo Community (organized by Indians on the tribal reservation) to Malcolm X College (heavily urban black, in a refurbished Chicago Loop office building) to Glendale College (white, suburban, and established), but they are alike in the sense that they all offer a distinctive education and positive values of their own, and play an important, constructive role in society.

As these schools take over more and more of the task of higher education, it is important that prospective students—and parents—understand clearly what they are, and are not.

How do community colleges differ from other colleges?

If the term did not conjure up other meanings, the community colleges might be termed "people's" colleges. They are grass-roots institutions governed, as the name implies, by the local community under state supervision and geared to that community's particular educational needs, whether these are academic preparation, manpower retraining, vocational education or courses in family relations. Community colleges are more interested in assisting the many than in restricting education to the few, more focused on disseminating basic learning than in unearthing new and specialized knowledge, and less concerned about whether a student attends college full time, part time, four consecutive semesters, or simply comes to learn whenever the spirit moves him.

The community colleges aren't to be confused with the 200-odd private junior colleges, although both are two-year institutions. The private schools are usually smaller, more narrowly focused, residential, single-sex, limited to an academic curriculum, and may be operated by a religious organization or as a kind of girls' finishing school. Their numbers, incidentally, have been apparently declining in recent years.

Aren't community colleges actually second-rate institutions?

The "high school with ashtrays" image dies hard, but it deserves to die. About 80 percent of those students who complete a two-year "transfer" program at a community college go on to earn a four-year degree. An investigation by the Center for Research and Development in Higher Education at the University of California has shown that students who transfer from a community college to a four-year school lag behind their classmates at first, but quickly close the gap and are on a par with the "natives" by graduation.

Many go on to academic and professional success. Officials of the ERIC Clearinghouse for Junior Colleges at UCLA, the central agency for information about community colleges, point out that several distinguished members of the faculty at prestigious Caltech received their undergraduate training at Los Angeles City College.

Actually, many students who could hold their own at the most selective colleges in America choose community colleges for the first two years instead. Community college students come in about equal numbers from each of the four levels of ability grouping. Bright students pick community colleges because they can live at home, pay less money, and work to earn their way. Many also prefer a two-stage transition, from home to local college to more distant campus.

It is true that community colleges as a whole are—or at least, were—looked down on by a large segment of the educational establishment. They were regarded as "kid brothers to the four-year institutions," as the Newman Task Force on Higher Education put it. It is also true the community colleges have been assigned or have voluntarily undertaken some of the toughest and most thankless tasks of modern society, such as trying to satisfy the educational needs of disadvantaged minorities or retrain the technologically unemployed. And it is also true that community colleges hesitate to give up on anyone. They offer not only a second chance but third and fourth as well.

Don't community colleges have high drop-out rate?

Absolutely. Typically, there are two to three freshmen for every sophomore. More than half of those who begin never finish the first year, and only about 2 percent persist to earn a four-year degree.

These figures are misleading, however, and perhaps meaningless. Many students attend classes for one semester, then return to a full-time job to earn money for continued education, then come back for another term or two. Others start in a transfer course and then switch to a vocational program. In large cities with a number of community colleges students jump back and forth among them, testing each until they find one that satisfies them.

What courses of study are offered?

Most community colleges are what the Carnegie Commission on Higher Education calls "comprehensive." That means they offer a smorgasbord of courses ranging from the traditional liberal arts to such strictly vocational subjects as computer management, secretarial science, X ray technology, data processing, automotive repair, and welding. Community colleges rarely offer only academic curricula or only vocational and technical subjects.

The academic, or transfer, program generally is planned in conjunction with nearby four-year institutions, so that community college graduates are adequately prepared to move smoothly into their third and fourth years of study, if they wish to do so. Programs are generally limited to basic, fundamental courses, such as a student might take in his first two years anywhere—English composition and literature, U.S. and world history, basic science and mathematics, introductory economics and political science.

Specialized courses pointing toward a major field of study are left for junior and senior years. Thus Los Angeles City College, one of the nation's largest com-

continued

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continued

Communit Colleges

munity colleges, offers onl history courses, two in ps ogy, one in economics, ar in anthropology.

Vocational curricula var place to place, according t manpower needs. Often a industry will assist in sett a course and may even p supervision and instructio program for X ray techno at Los Angeles City Colle instance, is conducted in junction with the Kaiser-F nente Foundation hospita

The federal governmen subsidizes certain progra train personnel in short sup under the Allied Health P sions Act. Some schools p in vocational retraining grams. The College for H Services in the Bronx has b famous for educating w mothers for health-servic and recreational specialties

About one-third to one- community college studen some type of remedial They require help in learn express themselves, in basic ematics, in reading, and in understanding how to and learn. The communi leges have innovated in r able ways to help these s prepare themselves for education.

Do community college gra receive a degree?

Those who complete year academic program community college's as degree—in the arts, in b in science, in technology. who finish a vocational or cal course generally recei ploma or certificate attes satisfactory completion course of study.

Is a community college g automatically admitted to year college?

In most states a tran guaranteed junior standing *public* four-year school t space for him. But he is no matically accepted into a of study he chooses. He fir prove that he has satisf completed all the prer courses for his chosen sp If the college feels he is quately prepared, he may quired to take makeup w fore he continues his edu Some schools allow him

up courses and advanced simultaneously.
question of which indicourse credits will be acl for advanced standing re- "a matter of continued n" between two- and four- colleges, according to one ember of the ERIC Clear- se. Policy varies from col- college, and even from case. The gulf is widest a student wishes to trans- om a community college lite *private* institution. Pri- hools are sometimes sticky which credits they will al- lthough, the ERIC official "They're glad to accept all when the student is a ll player."
erally, credit is granted readily for academic s; it is virtually assured for sics. It is given least often urses frankly labeled "re- " and for such blue-collar s as welding and auto nics. Senior colleges claim decisions are based on content and teacher quali- s, but many of them seem arbitrary, the ERIC offi- s.
ral states have attempted e the transfer problem by hing "upper division" col- onsisting of the junior and years only. Their purpose ecifically take in commu- llege graduates. The idea ew; William Rainey Har- neered it at the University ago in 1896. The first of temporary public upper s was Florida Atlantic sity at Boca Raton, d in 1964. Illinois has two upper division col- angamon State and Gov- State, since 1970.

mmunity colleges found ere?

yet. More than one-third existing institutions are rated in seven states— ia, Michigan, Illinois, Texas, Washington, and ork. ERIC Clearinghouse ese states "saturated," that they have achieved of a community college easy commuting distance citizen in the state.
al other states are rapidly hing saturation, including pulous ones as Pennsyl- d Ohio. Others have ex- more slowly. According C, Indiana, Louisiana, Virginia, New Jersey, sland, and the District mbia still have too few ity colleges.
urse, even in the satu- ates community colleges

d on page 26

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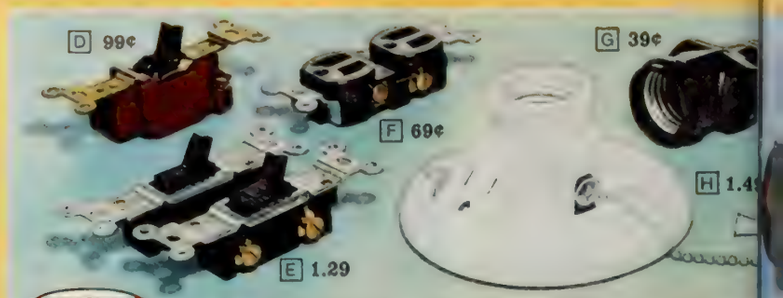
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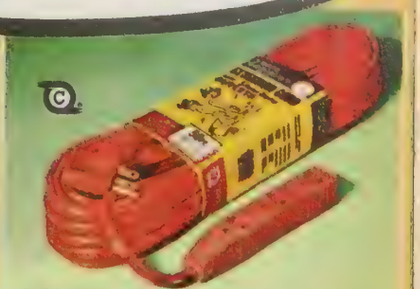
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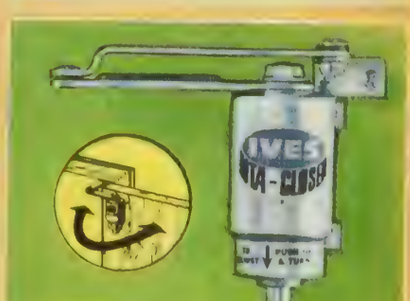
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continued

Community Colleges

can be expected to expand their facilities and increase their enrollments over the next several years.

Aren't many community colleges small and underfunded?

On the contrary. The description fits a few that have just opened their doors, and certain others in sparsely populated areas, which will probably remain small because of their remote location. Most others are large, and growing rapidly. The average enrollment nationally is 2,500 (although in some states the average is lower); between five and ten percent of the institutions enroll more than 10,000 students. Long Beach City College in California and Miami-Dade in Florida top 30,000. The eight-campus Los Angeles city system has more than 100,000 students.

As for financing, community colleges, like all educational institutions, are being economically squeezed at the present time. But only a few which rely solely on tuition and local taxpayer support could be described as shaky. Typically, the community college budget comes one-third from state aid, one-third from the local taxpayers, and one-third from student tuition and fees and from federal grants for vocational programs. The government also helps out with grants for purchasing buildings and equipment.

How do community college faculty rate as teachers?

If qualifications are measured in terms of academic degrees, about eight percent of professors have doctorates; another 70 percent hold a master's; ten percent have a bachelor's; the rest less. Most of those in the latter two categories are vocational teachers, whose professional skills count for more than their academic credentials. With fewer job openings on four-year campuses and more Ph.D.s being graduated to fill them, the percentage of faculty holding a doctorate can be expected to increase—perhaps to 12 or more percent by 1980.

Few, if any, famous research scholars are found on community college campuses. Faculty spend their time in the classroom, many teaching 15 to 18 hours a week, more than twice as much as four-year faculty. The emphasis is on what happens with students, not in the laboratory. There is no pressure to "publish or perish" in order to win promotion. This, too, may change as more Ph.D. holders join community college faculties.

Many community college faculty teach part time. Some are moonlighters from local high schools or from neighboring four-year schools; others hold full-time jobs off campus. Some schools prefer part-time teachers, both because they cost less and because they are more attuned to the working world, and thus speak their students' language. The trend, however, is toward full-time faculty, particularly in the larger institutions.

Not everyone is convinced that community college faculties should become more "professionalized." One of the schools' chief strengths, the Newman Task Force on Higher Education declared in its report, is that teachers are less "set in concrete" than are establishment types. They are more willing to experiment with innovative teaching methods, as befits a decidedly different type of student body. And by keeping one foot in the world outside, part-timers are able to give students practical assistance and to understand the problems of those who work, too.

What size are the classes?

Classes run roughly the same gamut as in four-year colleges. Some are lecture groups of 250 to 300, others number only a handful. Classes are typically smaller on the sophomore level. At Los Angeles City College, a second-year physics course could attract only eight or ten students.

Community colleges have been bolder than four-year colleges in employing technology to help students on an individual basis. Golden West Community College at Huntington Beach, California, for instance, relies heavily on what is called the "audio-tutorial" method in its introductory biology courses. In this multimedia system, the student goes to a study carrel with a tape recorder, a slide projector, a micro-

continued

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continued

Community Colleges

scope, and a workbook. The tape tells him which slides to view, what to look for in the microscope, what to answer in the workbook, and even waits for him to make the entries. When the student feels that he has absorbed the material, he takes an examination. Other schools have experimented with computer-assisted English and mathematics instruction.

Community colleges atte
to support their instruction
a heavy dose of academic c
seling and faculty advising.
Counselors and advisers car
heavy load on community
lege campuses, and faculty
asked to make themselves a
able for individual consulta
and help.

**Do community colleges hav
braries, laboratories, and c
facilities?**

The days when a "commu
college" consisted of a few d
rooms in the local high sc
basement are about over. M
now have elaborate plants of t
own, with fully equipped sci
labs, libraries, classroom bu
ings, study facilities, auditori
cafeterias, and the like. One c
munity college now under
struction, Penn Valley of K
sas City, Missouri, will cost
million to build and equip.

Being primarily commuter
leges, the community camp
lack dormitories, fraternity
sorority houses, and other t
pings of the traditional resi
tial campus. However, the n
established ones, as in Califo
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intercollegiate athletic progr

The community colleges
get more mileage out of t
buildings. Because many stud
work, as many as half the cou
may be taught in the even
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And, overall, community
leges are less concerned
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year institutions. Miami-D
for instance, operates its do
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bished office building. The
mont system has no building
all. South Oklahoma City Ju
College does not even
classes. The student meets
his instructor once or twi
week, receives study mate
and a reading list, comes
when he has completed his
signment, and finally decides
himself when he is ready f
final examination.

As part of their commu
service, many colleges also o
ate storefront "outreach"
ters to teach special course
community interest. Peralta
ior College District in Oakl
California, operates four of t
in slum areas, with course
legal rights, household man
ment, basic English, child
and other subjects.

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zero to about $600. The ave
falls in the range of $300 a
for a full program. Califo
Arizona, New York City, Ha



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nany local districts have a ssed no-tuition policy, but e a fee to cover such student es as parking, health care, udent union, the cafeteria, t Phoenix Community Col- his fee amounts to $45 a ter. New York City's "ma- ition fee" is $60 a semester. ii is one of the few places no fee is charged at all. s now charges tuition vir- everywhere except in the go city system.

t figures for community es, however, are mislead- community college costs ts less because they are live at home and because ave more opportunities to obs and pay their own way.

e they governed?

the states, municipalities, es, or districts, and fre- by all. The pattern is for agency to set the educa- standards and judge the of the program, but for uthorities, usually an elect- rd of trustees, to decide and provide day-to-day ance.

re the typical admission ds?

t community colleges ac- comers. New York City s applicants to have a di- from a city high school, en assigns them to a col- the basis of score on an ons test. Others take all nts but try to counsel to fields of study that ap- suit their background and . Most colleges operate on nciple that no one flunks a student can't make it in d, he is permitted to try . Community colleges also l the way in non-punitive . If a student rates a fail- de in a course no "F" own in his record. He loes not receive credit for se.

loyers respect community credentials?

many vocational courses ned in cooperation with rs and tailored to man- eeds, some colleges have a direct pipeline to the ket. Among community graduates who do not go third or fourth year of e reception is about the if they had attended two any four-year institu- ose who complete com- college and then go on to bachelor's are accepted ame basis as graduates lied all four years at the ool. ■

in cooperation with iester, Jr., a noted edu- riter.)



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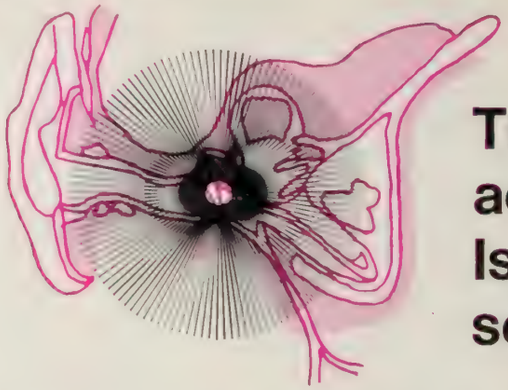


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"In the summertime, I don't read the paper for a weather report," said an ear specialist. "I just look in my waiting room. If it's standing room only, I know we're in the midst of a hot, humid spell. About half of those patients have swimmer's ear, and they can't wait for a regular appointment."

How do you get an ear infection and what can you do about it? First, you should understand that there are two main types of ear infection, and they're quite different.

Otitis externa, as you might guess from the name, is an infection of the external canal of the ear—the passage that runs from the eardrum outward. It's caused by bacteria or fungi that thrive in a warm, moist, closed environment. The ear canal is their idea of heaven and, given half a chance, they'll move in and set up housekeeping. Before long, the pain of infected swollen tissues makes their unwilling host (that's you) aware of their presence and sends you to your doctor for some sort of relief.

Otitis externa is often associated with skin problems, such as seborrhea, psoriasis, or eczema. For all practical purposes otitis externa may be considered as dermatitis affecting the lining of the external auditory canal of the ear.

Swimmer's ear

A common form of otitis externa is swimmer's ear. Its symptoms are itching and irritation and sometimes fluid drainage from the ear. Children may complain of pain or a feeling of fullness in the ear, but they have little or no fever.

Swimmer's ear is especially common among older children who spend so much time in pools all summer that their ears never properly dry out. But you don't have to be a swimmer to get swimmer's ear. You can trigger the infection by digging into an itchy ear with a fingernail or other object, and breaking the protective layer of skin in the ear canal. An earplug or a poorly fitting or improperly cleaned earpiece for a hearing aid also may start an infection. And otitis externa can flare up at any time of the year, although doctors typically see most cases in hot, humid weather.

Infections of the external canal of the ear also can be caused by foreign objects—an insect that flies or crawls into the opening or a small object inserted by an experimental child.

What can you do about otitis externa? Warm oil drops may make the patient more comfortable for a short time but they won't affect the bacterial fungal cause of the infection. A doctor should examine the ear and diagnose the problem. He'll probably prescribe cleansing eardrops that contain an antibiotic or anti-fungal medicine, an acidic solution that discourages the bacteria or fungi, and a drying agent.

If you're a swimmer, you can reduce chances of infection by swimming only in pools that you know are carefully maintained for cleanliness. When you finish swimming, shake the water out of your ears. Wearing a bathing cap helps, too. If you do contract swimmer's ear, stay out of the water for at least two to three weeks after the infection has cleared up.

Though otitis externa may make you a little hard of hearing while it lasts, it won't do permanent damage to your ear because it doesn't involve the hearing part of the ear structure.

Serious ear infections

Otitis media can get more complicated because it's an infection of the middle ear, the closed chamber on the inward side of the eardrum. The infection is usually caused by a bacteria, such as streptococci, staphylococci, or pneumococci.

Although otitis media can strike any age group, it's most common in babies and small children. The eustachian tube, the tube that links the middle ear with the upper throat to allow drainage, is narrow in an infant. This makes drainage more difficult, and infection more likely. Infected adenoids and tonsils, allergies, colds, or sinus infections may cause the middle ear to fill with fluid or mucus. Vigorous nose blowing, too, may force nasal secretions through the eustachian tube into the middle ear. And some diseases, such as measles, chicken pox, or mumps may cause otitis media to come about as a serious side effect.

The infection causes pressure to build up in the middle ear. If it isn't treated promptly, this pressure in the closed chamber may burst the eardrum or damage the delicate linkage of bones that convey sound from the eardrum to the inner ear and brain. Either way it happens, the patient may very likely suffer some permanent hearing loss.

What are the symptoms of otitis media? An infant with this infection will be irritable, feverish and lethargic. He may vomit, and will rub and pull at his ears. He could have a fever. Older children will often complain of head pains along the side of the head and loss of hearing.

In the early stages of a mild ear infection, your child may complain of soreness behind the ear in the mastoid area. Don't be alarmed, thinking it's mastoiditis. Tenderness in this region is fairly common with any earache.

Typical treatment

As with otitis externa, the patient with otitis media should see a doctor for diagnosis and treatment. The doctor usually will prescribe an antibiotic to knock out the bacteria and a nasal decongestant to open the eustachian tube for easier drainage. In the few cases where the treatment fails, it's generally because the infection has been allowed to progress too far before a doctor is consulted. Then the doctor may make a small incision in the eardrum to drain the middle ear and relieve the pressure on the eardrum before it bursts.

Don't be tempted to stop treatment when the ear appears normal. Continue to follow the doctor's instructions until he tells you to stop. This type of infection tends to slip very easily into a smoldering phase, in which the patient appears cured but the "bugs" are just biding their time until they can break loose again.



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Plain facts about hair loss

Officials of the Council of Better Business Bureaus recently answered an ad that offered to diagnose and treat hair problems by mail. They sent the advertiser a sample of hair and received a reply assuring them that, indeed, the owner of the hair definitely needed help, but a $9.95 set of treatments would do the job. It was obvious the advertiser had not analyzed the hair very carefully, if at all, for the reluctant donor was a well-furred cocker spaniel

Other persons who call themselves "scalp specialists" or "trichologists" (many states allow any licensed beautician to use these titles) claim they have many answers to the hair problem. In their ads they offer hundreds of treatments guaranteed to "thicken hair and combat baldness."

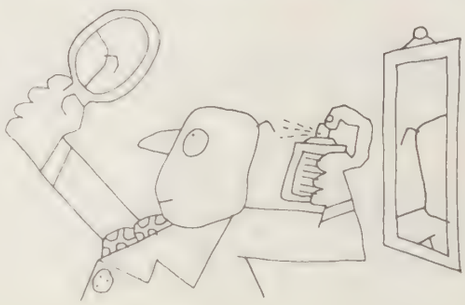
Some of these hair-growing treatments involve special brushes or massages supposed to make the scalp tingle and keep the blood circulating. Others shine infrared or ultraviolet lights on the head or blast it with ozone. And some hucksters tout hair conditioners, lotions, and shampoos that "nourish the hair and scalp and restore lost vitamins and proteins." But, as one doctor says, "Dumping junk on your hair won't nourish it." And neither will special shampoos. "Washing or shampooing," he continues, "does nothing to the growing end of a hair which is safely nestled about three millimeters beneath the surface of the scalp." (Hair conditioners will, however, coat the existing hair and give it a little body.)

Regardless of how exotic the treatments, none is known to really work, although some of them may seem to. The "miraculous cures" you hear about usually are cases of temporary baldness—a surprisingly common occurrence—and these conditions often clear up by themselves.

Yet permanent thinning of hair is a problem for a large segment of the world's population. Up to 80 percent of American men suffer from hair loss, ranging from a slightly receding hairline to complete baldness. And about 15 percent of all women are troubled with thinning hair before menopause; 50 percent after. Further, dermatologists report a marked upswing over the past few years in the number of women they're treating for hair loss.

What causes temporary hair loss?

Hair follicles—tens of thousands of them—dotted all over your scalp manufacture hair, one hair per follicle. The follicle is shaped like a tiny tube with a bulb at the bottom. Hair matrix cells in this bulb grow and divide rapidly until they fill the bulb and begin pushing up the tube. As the cells move toward the surface of the scalp they stop dividing and start to manufacture a substance called keratin (found in fingernails and toenails), and



then they emerge into the open air as hair.

On the average, a scalp follicle carries on this process for about five years, and its particular hair grows longer and longer. Then the follicle takes a rest, for about three months. After this period the follicle begins making a new hair which pushes the old hair out. Normally, the follicles are on different working and resting schedules so you're only shedding relatively few hairs at a time (doctors estimate the average normal loss to be about 100 hairs a day).

But many things can throw the follicles off schedule so that an excessive number go into the resting phase at the same time. An infection that causes a high temperature, general anesthesia, a disease such as diptheria, syphilis, or typhoid fever, some medicines, too-stringent dieting, an emotional shock or strain, some poisons, any number of things can drive the follicles into a rest period with subsequent hair loss that shows up about two or three months later.

Women, for example, may notice some hair loss about eight to 16 weeks after delivery of a baby. The loss may be by abrupt decrease in the amount of estrogen, a female hormone produced in large amounts during pregnancy. Women who stop taking birth-control pills often notice some hair loss for the same reason. Paradoxically, other women report hair loss while they are taking the pill. Doctors aren't sure what mechanisms are involved.

Happily, most baldness caused by off-schedule follicles is only temporary. As soon as the body gets back to normal, the follicles do, too, although it will be some time before you see the new sprouting hair.

What else can cause temporary hair loss?

Women sometimes suffer self-inflicted hair loss. Doctors call it "do-it-yourself baldness." Tension put on the hair by tight curlers, or ponytail or braided hairstyles, or by teasing or back-combing it, can cause temporary hair loss *(traction alopecia).* Chemicals—such as hair straighteners, dyes, permanents, and bleaches—sometimes damage existing hair shafts if used excessively, causing the hairs to split and break off. Nylon hair brushes with their sharp bristles tend to break and shorten the hair shaft. Doctors recommend brushes with natural bristles. In most of these cases, when the cause of the problem is removed the hair regrows.

Also, some types of scalp infections, such as ringworm, cause patches of hair to fall out leaving bald spots. Curing the infection will usually cure the baldness.

An under- or overactive thyroid, too, can cause a hormone inbalance in women that leads to hair loss. Treating the thyroid problem takes care of the baldness.

Contrary to popular belief, ordinary dandruff does not cause baldness. Severe dandruff (which may in reality be seborrheic dematitis or psoriasis) may lead to temporary loss in affected areas.

And diet has little effect on baldness. Says Dr. H. Goldschmidt of University of Pennsylvania School of Medicine, "A normal, balanced diet is imporant for good hair growth but nutritional factors, including various vitamin deficiencies, have been greatly overrated as potential causes of hair loss." In a few cases, significant iron or protein deficiency is associated with baldness. And excessive vitamin A may actually cause diffuse hair loss.

What causes permanent hair loss?

The most common form of permanent hair loss is called *male-pattern baldness,* and it accounts for 90 percent or more of all permanent baldness in men and women.

This type of hair loss usually strikes a man in his late 20s or early 30s. Men do not go Yul-Brynner bald with it, but most suffer through various stages of a receding hairline until the baldness stabilizes at a low-tide mark, leaving them with half a halo of hair around the sides and back of the head.

Male-pattern baldness has nothing to do with the work-rest schedule of the hair follicles. They still produce hairs, but they're so fine and short—fuzz, in fact—that they're virtually invisible. With the passage of years many of the hair follicles may disappear, but no matter how long a man is bald he still has a few follicles pushing out a stunted product.

Although dermatologists aren't sure what triggers the change in the follicle's manufacturing process, they do know hereditary is part of the problem. "Like father, like son" holds true for hair in many instances, but definitely not all, since the trait can be inherited through the mother from her side of the family. And dermatologists know that male hormones are involved in some way.

Women suffer a female counterpart to male-pattern baldness and for the same reasons—hormones and heredity. With women, though, hair usually doesn't start dropping until middle age. And, of course, women usually don't lose as much hair as men; their hair gets thin all over, partic-

continued on page 45

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Hair loss

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over the scalp.

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rks a little like a cookie cutter,
physician cuts a small hole on
bald area and then removes a
g of skin containing six to 16
irs from a hairy portion of the
alp. Being careful to orient the
g so that all transplanted hairs
ll grow in a uniform direction,
presses it into the hole in the
ld area. The blood clot that
rms holds it in place until the
g—each one is less than 1/6
h in diameter—takes root in
new location.

Ten to 50 plugs are trans-
nted in a single session. And a
tient in a hurry may have three
sions a week. Depending on
extent of the baldness, any-
ere from 150 to 500 grafts may
required. Since each graft
st heal before another can be
ced next to it, the process takes
hile. The plugs that are trans-
nted leave what look like tiny,
irless scars in their former lo-
ions, but careful combing of
hair conceals them. In fact,
re is very little scarring, either
the old or new hair sites.

While undergoing punch graft
rgery the patient is far from a
ng of beauty. The newly
ded area, which is usually con-
cuously front-and-center on
head, is a mass of scabs and
sts. Most patients wear hats
much as possible during this
riod. And, to add to the pa-
nt's despair, the newly trans-
nted hairs all fall out. But in
o to three months new hairs
out.

The greatest limitation to the
nch graft technique is cost.
ch transplanted hair plug can
cost you from $5 to $25.

Also, you must have enough hairs on your head for transplanting without creating a new bald spot. The transplanted hairs continue to follow the growth pattern of their former locations. If, in a few years, the area of the donor site goes bald, the transplanted plug goes bald, too. Careful selection of the hairs to be moved solves this problem. Since the plugs come from different locations, the density, color, and degree of graying of the hair may vary slightly.

Does punch graft surgery hurt? Dr. Orentreich reports, "The patient should expect mild discomfort, numbness, or altered sensations for weeks after the procedure." The operation itself, done under local anesthetic, isn't painful.

Another surgical method for shifting hair has been developed by Dr. Louis J. Feit, at the Polyclinic Hospital and Post-Graduate Medical School in New York. Called the bilobe flap operation, it involves cutting a Y-shaped piece of hairy scalp from behind each ear and swinging it forward to form a new hairline at the front of the head. The denuded area is replanted with small pieces of hair-growing skin from the temples. Then punch grafts are used to fill in where needed. These operations are still experimental and only a few have been performed.

Naturally, a cheaper and simpler solution to hair loss is a hairpiece or wig.

What can you do to prevent hair loss?

The committee on Cutaneous Health and Cosmetics of the American Medical Association says that, although you can do nothing for temporary or total hair loss (except see a doctor; he'll treat the underlying cause, if any), you can minimize further loss due to mechanical factors if you:

- Avoid excessive manipulation of your hair.
- Brush it moderately with a soft brush.
- Shampoo regularly and gently with a mild shampoo.
- Dry wet hair by letting the towel soak up moisture rather than by vigorous toweling.
- Avoid hairstyles which, in setting or combing out, require pulling your hair excessively.

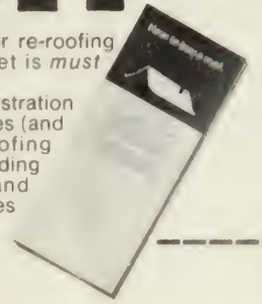
With these basic precautions, you can look to the future with hope that research may someday solve man's (and woman's) oldest fallout problem. ■



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Women in all parts of the world have, like you, faced this moment of truth. Fortunately,



many have made a priceless discovery, the discovery of the beauty benefits of Oil of Olay. These younger-looking women could tell you the advantages of Oil of Olay moisturizing lotion. But it is far more rewarding to experience the beautiful results yourself. This precious beauty fluid was specially created by beauty researchers to fight the dryness that can make you look old long before you should. The unique formulation, with its blend of tropical moisturizing oils, works wonders for your complexion. You will notice an important difference in the smoothness and suppleness of your skin each day, as the beauty blend soothes away dryness . . . dryness that makes wrinkles and little lines far too noticeable.

Dry skin virtually drinks in the beautifying liquid, with its wealth of natural oils and moisture. Oil of Olay penetrates the important surface layer of the skin, to work along with nature itself in maintaining the balance of oil and moisture that is essential to true complexion beauty. The lovely liquid is compatible with the skin, and sets up a barrier that helps retain your skin's own natural moisture.

Oil of Olay penetrates so quickly and evenly that it begins its myriad beautifying benefits almost before you know it. And the beauty blend is a superb makeup base. Cosmetics won't streak or change colors as the hours pass.

Look for treasured Oil of Olay in drugstores everywhere. Day and night, the beauty fluid cherishes and nurtures your skin, bestowing a younger look with each passing day.

Beauty Hints

The skin around your eyes may be the very first place you notice the little lines that signal the passing of time. Pat generous amounts of Oil of Olay into this tell-tale area, to smooth and soften beautifully.

* * *

What a mistake it would be to neglect your neck. Anytime you apply Oil of Olay® to your face, stroke the beauty blend lavishly on your throat as well. For the greatest benefits, use firm upward motions, from the base of your throat to the chinline.



GARDENING IN SEPTEMBER

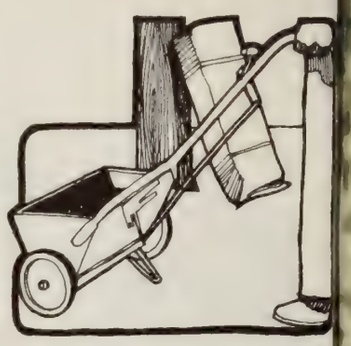
Gardeners: get ready for winter
Those signs of fall in the air don't mean you can relax and throw in the trowel just yet. Here are some reminders to help you ready your garden for late fall and winter.

Drawings Red Fox Studio

Use a lawn edger to cut grass away from paved areas. Your garden will look neat all winter and snow removal will be easier, too. Electric- and gasoline-powered edgers are available. You'll have to hand-pull or cut grass from cracks in concrete.



Be sure to feed your lawn now. This is the ideal time to give it a boost since grass makes its best growth of the year during the cool fall months. For the best results, be sure to use a balanced plant food that's formulated specifically for use on lawns.



Free your lawn of all broad-leaved weeds by spraying with 2,4-D. If you eliminate these unsightly weeds now, permanent grasses can fill in the bare spots. You can find a variety of good products in both dry and liquid form, and in sizes suitable for small or large lawns.



Rake all leaves off the lawn. Otherwise, they'll pack down under the snow and ice and smother the grass below, leaving you with bare spots in your turf when spring comes. A lawn sweeper does a fast, thorough job. Use a broom rake to remove leaves the sweeper can't reach.



continued on page 133

You'll wake up feeling good if your back feels good. That's why Sealy Posturepedic® is designed in cooperation with leading orthopedic surgeons for firm comfort—to promise no morning backache from sleeping on a too-soft mattress.

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SEALY POSTUREPEDIC
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A Sealy Posturepedic morning. Your back will be glad you didn't buy an ordinary firm mattress.

Your pension: will you ever collect?

Some 30 to 40 million Americans work at jobs that promise a company pension when they retire. But unless improvements are made in the way private pension plans operate and are regulated, millions of families will never collect a cent. Even worse, many won't learn that they have no pension coming until they apply for it.

Six million retired persons are now receiving annuities under private pension plans. Yet many have no guarantee that their monthly checks won't suddenly stop, or be sharply reduced. Furthermore, if a retired worker dies, many plans provide no more than a pittance for his survivors, if that.

Shockingly, there aren't adequate requirements that an employer actually set aside enough funds to pay the pensions he has promised. Some plans are thus seriously under-funded. An employee can only hope that when he is ready to retire the company will still be in business and have enough money to pay his pension. Most do, but every year hundreds don't.

Even when funds have been earmarked to pay future pensions, there are few restrictions on how the money can be invested or loaned. Millions in employee pension funds have been lost through imprudent investments, questionable loans, and outright fraud. There is no government agency with clear-cut responsibility for protecting employees' pension rights.

This isn't to say all or even most private pension plans are what one committee of Congress has called a "cruel hoax." Most are honest and well managed, and are providing more benefits than ever for more employees. There is a lot that is *right* with our nation's private pension system, not the least of which is the $6 billion in benefits paid since the late 1940s to pensioners who often had no other income than social security.

But there is also a lot that is *wrong*. These are the major criticisms, many of which also apply to pension programs of state and local governments:

• *Most pension plans don't vest soon enough.* Vesting means the employee acquires a nonforfeitable right to at least a part of his pension even if he leaves the job before retiring. Some plans offer no vesting whatever. Without vesting, if an employee quits (or is laid off or fired) even a week before becoming eligible for retirement, he gets nothing. Most plans have some provision for vesting but often not until the employee has worked ten or 15 years, or reaches age 40 or 50. Often, employees are unclear about such provisions.

Studies indicate that one third to one half of all pension plan participants leave their jobs before earning a vested right to a pension. A survey by the Senate Labor and Welfare Committee even puts the number as high as nine out of ten. Because of our highly mobile labor force and changing technology, millions of employees may work their entire lives for companies offering a pension plan, yet never for enough years at one job to collect even a penny of pension when they retire.

• *Pension rights usually can't be taken from one employer to the next.* The exception is some multi-employer pension plans negotiated by labor unions; if a worker changes to a job covered by the same plan, his pension isn't affected. Sometimes, a worker can move without loss to another plan with which his first plan has a reciprocity arrangement. Generally, though, pension rights aren't "portable"; an employee changing employers is not allowed to transfer pension credits from his old job to his new one.

• *Many pension plans aren't adequately funded.* Thus if a company goes out of business, merges, or simply comes upon hard times before setting aside enough money to pay present and future pension claims, its employees may collect only a fraction of the benefits due them. And some may get nothing.

• *If a worker dies, his pension ends.* Most plans offer employees the option of assuring their survivors a pension by agreeing in advance to accept smaller benefits. For example, there might be a choice between $150 a month for as long as he lives or $120 a month for as long as *either* he or his wife lives. Many workers, however, may not be aware of such an option, or may feel they cannot afford the reduced income.

Furthermore, under some plans all pension obligations cease with death, whether before or after retirement. Some continue to pay a reduced benefit to the widow if her husband dies after retiring, but nothing (with the possible exception of company life insurance benefits) if he dies before retirement—even though he may have worked for the company 30 or 40 years and be just weeks or months away from his retirement.

continued on next page

Ten questions to ask about your pension plan

There were at last count almost 250,000 private and state and local government pension plans, ranging from huge corporate and multi-employer plans with assets in the billions of dollars to small one-employer plans with assets in the thousands of dollars. It is only a slight exaggeration to say no two plans are identical in every detail.

Thus, descriptions of what pension plans *generally* do and don't provide are not only meaningless but can be downright misleading. You need to know specifically what *your* plan provides, and what you must do to qualify.

The following are some questions you should have the answers to. Begin by asking your employer for literature describing the pension plan. If any of the questions aren't answered clearly and to your satisfaction, ask your employer for more information or clarification.

1. How many years must you work for your employer before earning a vested (that is, nonforfeitable) right to a pension? How long must you work before being admitted to the plan? If the plan vests in stages, when does vesting begin? And when will your retirement credits become fully vested?

Bear in mind that vesting protects only those pension credits you have earned as of the time you leave the job. Thus, if you were to leave the company when your pension was 50 percent vested, you would lose half—and keep half—of whatever pension rights you had earned as of the date of leaving.

From time to time, ask your employer to provide an up-to-date accounting of your employment record and pension credits, just to be certain there haven't been any errors. The earlier mistakes are discovered, the easier they are to correct.

2. If you were to leave the company before retirement, what—if any—steps would you need to take prior to leaving in

continued on page 146



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continued

Your pension

• *Pension funds aren't adequately regulated.* Pension plans currently control more than $150 billion of assets to pay future retirement benefits; they own more common stocks than all mutual funds combined, and can allegedly influence the managements of huge corporations and prices in the stock market. Yet effective regulation is almost nonexistent. IRS sets certain conditions a company must meet to make its pension contributions tax-deductible as a business expense, and each pension plan must file its annual report with the Department of Labor, but that's it. And it isn't much.

Senator Jacob Javits (R-N.Y.), a leading proponent of pension rule reform, calls private pensions "the largest concentration of wealth with the least regulation in the country."

There is no prohibition, for example, against a company's investing pension funds in its own common stock (a practice which, depending on the circumstances, may or may not be in the best interest of employees). Nor is there anything to prevent lending pension fund money to a company in which corporate officers or pension fund trustees own an interest.

• *Most pension plans are written in gobbledygook.* That's true, despite a recent Labor Department regulation that requires all important points to be put into a simple booklet. It's no laughing matter to the worker who discovers a three-month layoff six years before retirement will deprive him of his pension. The plan, he learns, requires ten *consecutive* work years prior to retirement. Even employees with vested rights sometimes find their rights aren't worth a dime unless certain forms are filled out before leaving the job.

Many companies distribute booklets that glowingly describe the rewards for long and faithful service, but important facts are too often glossed over or omitted. Other employers attempt to provide more detailed descriptions, but the explanations are frequently undecipherable. Senate investigators tell of one corporate officer who, on changing jobs, unwittingly forfeited pension rights by neglecting to sign a required statement. The man had been the company's personnel manager, in charge of explaining pension benefits to employees.

• *Pension plans don't cover enough people.* Even if it could be assumed, which it can't, that everyone now employed by a company that has a pension plan will ultimately receive benefits, that still leaves 20 to 30 million Americans with no prospect of either a private or government retirement pension. And coverage is expanding by only one to two million workers a year. Thus if employee pensions are to provide a meaningful supplement to social security, ways must be found to furnish benefits for families.

What can be done?

There's considerably more agreement about what's wrong with private pension plans than there is about what needs to be done. One view is that the entire system of private pensions is hopelessly inadequate and beyond repair, that it should be scrapped and replaced by something better. Others insist it simply needs to be strengthened. The prescriptions, however, range from Band-Aids to major surgery. That something must be done is agreed to by nearly everyone. That includes Congress, and legislative action this year or next is practically certain.

Even those families not covered by a pension plan have a stake in the outcome of the legislative battle. For one thing, corporate tax deductions for pension fund contributions total roughly $7 billion a year, and other taxpayers must make up the revenue loss or suffer a reduction in government services. Secondly, the nearly $15 billion a year contributed to pension funds is a business expense and is at least partially passed on to consumers in higher prices. (How much of the costs is actually passed on is hard to pin down, of course.)

Those who would replace the private pension system with "something better" suggest, as one alternative, expanding social security. Among the arguments for such action: Social security covers almost everyone who works for a wage. Contributions count toward retirement from the moment of employment. Benefit rights aren't affected by job changes. Social security has never failed to pay benefits because of a lack of funding or because a company went out of business. Social security can easily be adjusted to keep pace with the cost of living, as a recent amendment to the law provides. And, social security pays benefits to widows and other dependents if a worker dies or is disabled.

Another proposal is to replace the nation's nearly 200,000 employer-run pension plans with, say, a half dozen or so independent pension plans. The employee could choose the plan in which to open his account, and his employer would make regular, tax-deductible contributions to it. It also is suggested that the employee be allowed additional contributions of his own which would be tax-deductible. If an employee became dissatisfied with the performance of the plan he had chosen, he could move his account to a different plan. Such an approach, it's contended, would eliminate many of the shortcomings of the present pension plan system.

What is being done?

Congress clearly has nothing so drastic in mind. Instead, bills under consideration by both the House and Senate aim to cure the ills of existing pension programs with legislative remedies. The major Senate bill is sponsored by Senators Williams (D-N.J.) and Javits (R-N.Y.) and two House bills by Representative Dent (D-Pa.). President Nixon has also offered reform proposals, though in milder dosages.

Under these proposals, there would be *mandatory vesting.* With the Senate bill, 30 percent of an employee's accrued pension rights would be vested after eight years of service, with another ten percent becoming vested each additional year. Thus, after 15 years, a worker's accrued pension would be fully vested, meaning it would be nonforfeitable even if he were to leave the company. President Nixon suggests a "Rule of 50": Half the accrued pension would be vested when an employee's years of service plus his age totaled 50. An additional ten percent would be vested with each subsequent year of service.

Once an employee has earned vested pension rights, the Williams-Javits bill would permit such rights to be *"portable."* If the worker left his job, his credits could be transferred to a fund managed by the Secretary of Labor. If he were to then take a new job covered by a pension plan, his credits would be paid into the new plan. Otherwise, they'd be paid to him when he retired or to his survivors when he died. One of the Dent bills contains a similar proposel, but the Nixon bill does not.

Pension plans would be required to comply with a schedule for *funding* that would result in full funding after 25 or 30 years. That is, the plan would have to have enough money set aside (assuming benefits weren't raised) to pay present and future claims of covered employees. Meantime, a federal "reinsurance" program

continued on page 146

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We hear you.

When you go looking for a new house, there's much to consider. And a mistake can be costly—or deprive you of full enjoyment after you move in. This two-part article gives you the ammunition you need to make the right decision.

First, there are questions you should have in mind as you shop around—what to ask yourself about the neighborhood, the lot, the floor plan, and the exterior styling. Our photographs and plans show the great things new houses can offer.

The second part begins on page 59, and gives you 50 questions (and the answers) to ask the builder—about himself, construction, materials, and equipment.

HOW TO SHOP A NEW HOUSE

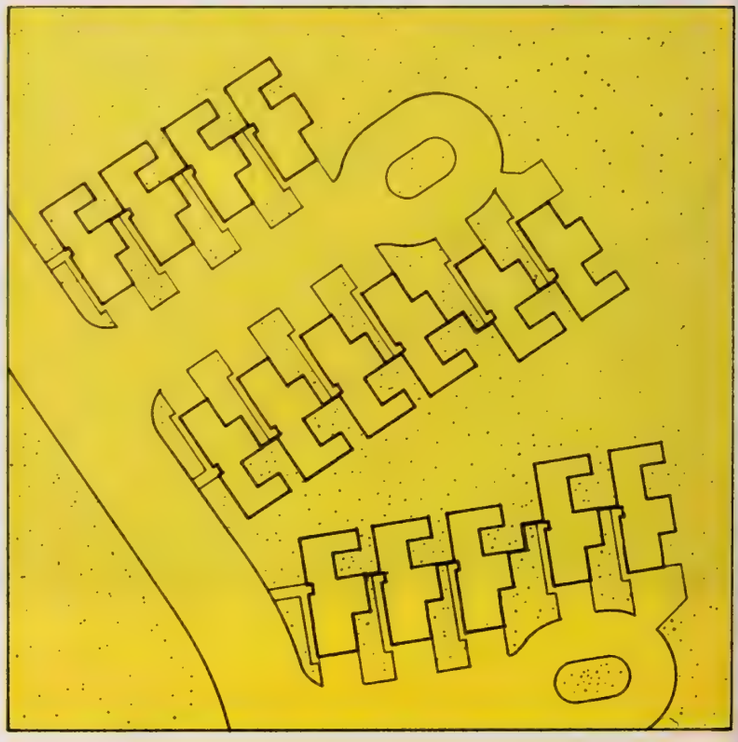
By Stephen Mead



Photog aphs: Ernest Braun. Source: Barbara Teel. Developer: Robert Powell







Check out the neighborhood

Ask yourself about the things that make up the neighborhood—not just the convenience or the prestige of the location. Was the neighborhood planned as a unit? Is there a feeling of community? Are the overall views pleasant? Are the streets and walkways safe? Is the street lighting well-planned?

In this neighborhood, all the streets are cul-de-sacs that eliminate through traffic. This makes it safer for pedestrians and playing children. All the houses, each with a private interior courtyard, are grouped in clusters. Green areas tie the clusters together for a compatible look.

Evaluate the site

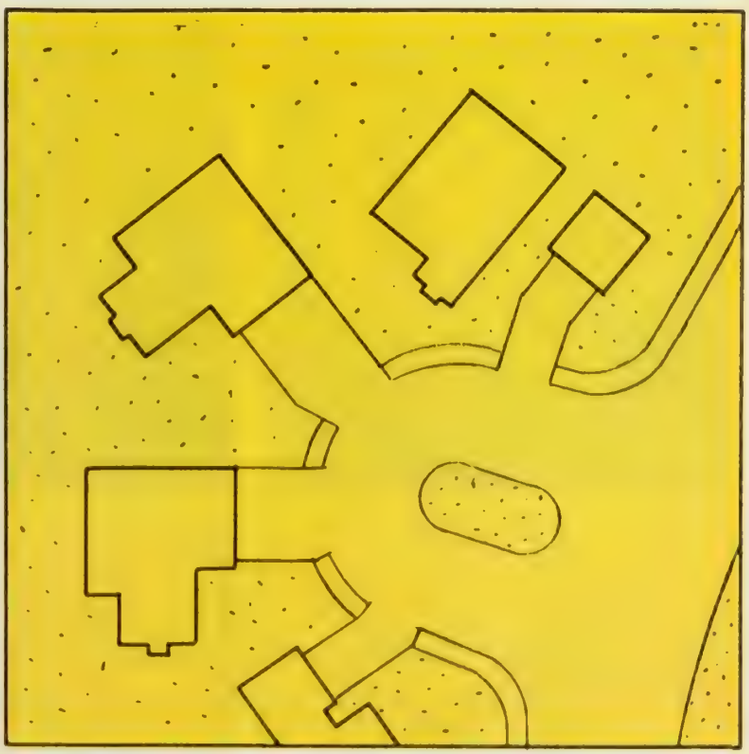
Of course, look for that master bath you've wanted. But do consider the total package —house *and* lot—you'll be getting.

Be observant while you walk around outside: Can you see directly into any rooms of the next-door neighbors? Do they have a direct view of your patio? Will you have to add costly fencing? Do you feel comfortable in the outdoor area you'll use most? Large windows and sliding glass are expensive; are the views well worth the cost?

Here, maximum privacy is achieved. Sidewalls offer no views to the outside and yards are all screened from view.



Photographs: deGennaro. Source: Pauline Graves, Builder: Sea Terrace Homes





Buying information, page 151

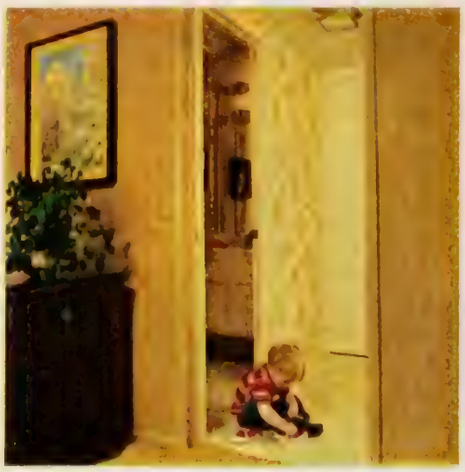
STUDY EACH PART OF THE FLOOR PLAN

Where does the traffic go? When you first step into a model home, check the routes to all rooms. In this example, traffic goes *to* rooms, not through them. Even the open kitchen is planned so it's as much of a dead end as the family and living rooms

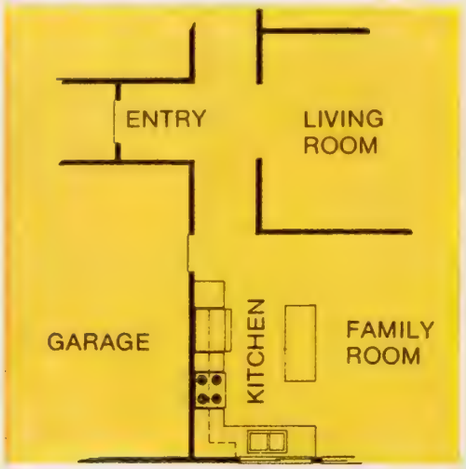
Is the family entry a workhorse? Too many entries lack the hard-surface, easy-to-clean flooring that's needed to take the wear and tear of children. This entry is ideal because it is actually a small mud room bracketed by laundry and half bath.

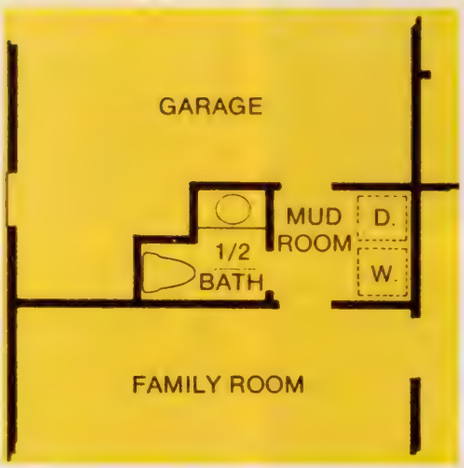
Do stairs conserve floor space? If you have to cut directly across a room to reach the stairs, you are losing space. Because of its central location, the stairs in this plan are accessible to all rooms without robbing them of usable space.







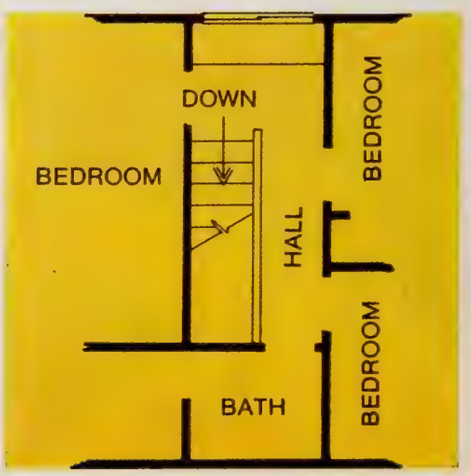






Is space used wisely? Now more than ever, every inch of space counts. Look for features like this head-of-the-stairs storage unit. They're a good indication the builder takes advantage of every opportunity to give you your dollar's worth.





Does the master suite really work? Nothing is more inconvenient—and wasteful—than a poorly planned bath/closet/dressing area. With a plan like this, there are no extra steps and the bedroom itself is free of traffic and clumsy closet doors.

Is the kitchen handily located? A kitchen too far from serving areas means a lot of running. The kitchen shown here serves the dining and family rooms with equal ease. It's only a few steps to either room from the right end of the kitchen.

Do the halls make sense? A hall-happy floor plan wastes space. In a well-planned house, halls are kept to a minimum. This one, just 15 feet long, serves three bedrooms and a bath. The location of the laundry makes the space functional, also.















Are private spaces private? The trend is to balconies and open spaces. But, many builders neglect to consider the privacy-robbing consequences. This builder did. He planned the house so there is no view into upper level bedrooms or baths.

JUDGE THE STYLING OF THE EXTERIOR



Photograph: de Gennaro. Source: Pauline Graves



Photograph: Ernest Braun. Source: Helen Hevrkamp





Source: Barbara Cathcar

If you're like most people, you probably have a long-cultivated idea of the way you'd like to have your new house look. That look may be a dream from a long time back; or it may be something you've only recently been exposed to. But don't be too quick to buy a house just because a model comes close to your dream or your latest whim. Look for value too. Good, down-to-earth design also pays off when it comes time to sell your house.

Ask yourself: Is the styling clean and honest? Or is there an overabundance of decoration? Are there elements that are a builder's fad this year? Does the house shout with curb appeal and offer little inside? Does one part of the house shine with ornamentation and the rest pale in comparison? Does the house have unity of design—is it pleasing on all sides? Can you spot frivolous architectural details that don't tie in with the overall design of the house? Does the house try to be something it is not by illogically imitating something from the past?

The four houses here show what we mean by a clean, honest exterior. The lines are simple and straightforward. And there are no gimmicks and gewgaws. None of the houses copies a style of the past, but each one has a timeless quality and a distinct character all its own.

50 QUESTIONS TO ASK THE BUILDER

1. Can you obtain an earnings statement or financial report from the builder? Or can you get a credit report on the builder? If not, you might be dealing with a builder who gets in and out of the construction business quickly.

2. Is the builder bonded? If the salesman says no, you may not get your deposit on a home returned to you if the builder declares bankruptcy.

3. Does the builder have adequate insurance for his workmen? If the answer is no or the salesman says he doesn't know, you could be faced with a lawsuit if a workman is injured during construction of your home or during a call-back following completion of the house.

4. Is the house factory-built? If the answer is yes, get the name of the manufacturer. Also ask for the financial statement or earnings report of the manufacturer. Some home manufacturers are foundering these days; if you have a problem later, you may not have any recourse through the builder.

5. Does the builder use components such as roof trusses, wall panels, soffit systems? If the answer is no, you may be paying extra for construction labor that is not necessary. Well-made, factory-built components can be better and cheaper than their handmade counterparts.

6. Does the builder handle the financing of his homes? If the answer is no, you may have to spend a lot of time locating construction funds through a savings and loan or mortgage banker. Sometimes, you even have to arrange for the builder to be qualified before the lender will reserve money for construction payments.

7. Will the builder give you a *firm* downpayment price? If you get a "no" answer, you may be saddled with a house that's less than adequate. Or, you may have to pay extra for features you first thought were "standard" on the model home.

8. Will the builder take your old home in on a trade? A "no" answer means you will have to go to the expense of selling your old home to have enough cash for the new one. Are you sure there will be enough money for this transaction? Better check a Realtor so you'll know your alternatives before signing any papers.

9. Has the builder been in business at least three to five years? If the answer is no, run a check on his background and attempt to get a financial report.

10. Is the builder a member of the National Association of Home Builders, a reputable local home builders' association, the local chamber of commerce? If the answer is no, better find out why. Most good builders are proud to belong to such organizations and must be reputable in order to be accepted by them.

11. Is the house built on fill land? A "no" answer means the house is on solid footing. Fill land, if it hasn't been properly engineered, can sink, causing extensive damage to the house.

12. Does the builder have a landscaping budget in the price of the house, and is this cost included in the mortgage payments? If the answer is no, you may have to pay out plenty in one chunk to have your lot properly landscaped. Many good builders have a landscaping budget and can get you a "price" on additional trees and shrubs of your choice.

13. Is the driveway surfacing provided by the builder? A "no" answer means you will have to pay extra to have the driveway surfaced. To have it done after you move into the house can cost as much as $2,000.

14. Can you get the name of the person or firm who designed the house? If the answer is no, the house may not be adequately engineered or constructed. Most good builders employ an architect or use an architectural firm for house plans. This, in the long run, can save you money through smart planning.

15. Can you get a blueprint and specification's list of the house you're *really* planning on buying? A "no" answer can mean the builder wants to hide a construction shortcut or poor selection of material.

16. May you make minor changes in a house plan without charge? If the answer is no, this service may be quite costly. Many builders will go along with slight changes in a plan, such as the relocation of a non-load-bearing partition wall, without charge. Major plan changes, of course, must be at your expense since they can change the house structurally.

17. Does the builder guarantee the house? If not, you might get stuck with the cost of initial service calls, which can amount to a considerable outlay of cash. Good builders have a call-back service and will iron out any bugs over a fairly long period of time —at least a year.

18. Does the builder have a post-sales service crew to fix those inevitable bugs? If the answer is no, you may have to make a deposit to cover labor and material if anything goes wrong. Most top builders have a post-sales crew; you are usually introduced to the foreman at the time you buy the home.

19. Does the builder have a materials selection center? If not, you may be stuck with the builder's choices for floor, wall, and ceiling coverings, carpeting, types of windows and doors, counter-top coverings, appliances, hardware, and other components. You should have a wide selection and many quality builders have a showroom where you may pick the type of finish materials you would like to have.

20. Is the roof of the house UL and/or FHA approved? If not, the roof may be inferior or cost you more in protection insurance. An asphalt roof should have at least 235-pound shingles; heavier is better. Wooden shingles often raise insurance rates, so check this out.

21. Can you get the names of the subcontractors on the job? If not, you may not have any recourse if something goes wrong with the roof, gypsum board walls, plumbing, electrical wiring. Most builders use subcontractors for this work; they should be held responsible for call-backs.

22. Does the foundation have a waterproofing membrane on the outside? If the answer is no, you may be plagued with a damp or wet basement.

23. Is the siding of the house guaranteed by the builder? If not, the siding may not be permanent and/or low-maintenance. Wood siding should be kiln-dried and back-primed before installation. It should have been put on with rustproof nails. If the siding is aluminum or vinyl, ask for the brand name and for details of the guarantee. If the siding is brick, make sure the mortar joints are tight and smooth.

continued on page 84

Backyard ceramics for beginners

Raku

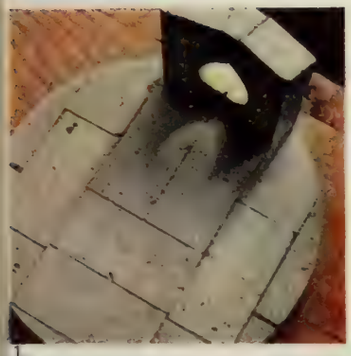


By Jill Abeloe
Photographs: Fred Lyon
Designer: David Kuraoka

If you've wanted to take up ceramics but the time and cost turned you off, try raku. It's a less expensive, shorter version of the potter's art that can lead to more advanced work.

Raku dates back to the 16th-century Japanese tea ceremony, when potters used the technique to make hand-formed ceremonial tea bowls. The materials haven't changed, but we updated firing methods for greater safety and simplicity.

Successful raku ware depends on the clay, glaze, fire, and you. We've provided guidelines for the first three, and you, the potter, are only limited by your imagination. Nothing is predictable in the firing, but the accidental effects are seldom disappointing. For additional instructions and information on supplies, see page 76.


1.


2.


3.

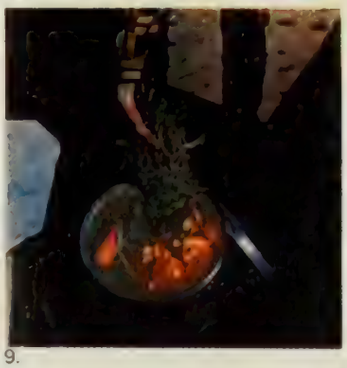

4


5.


6.


7.


8.


9.


10.


11


12.

1. You make the kiln primarily from a metal drum (ours is a cast-off oil drum) and soft-fire bricks. The bricks should be cut to fit inside the drum, starting with the bottom. One brick section (shown) has a hole cut in it to accommodate the heating unit. (We photographed the bricks outside the drum so you could see the construction better.) **2.** On the sides, the first layer of bricks is arranged vertically.

3. Beyond the first row, you place bricks on their sides until they reach the top of the drum. You add vermiculite as additional insulation between the bricks and drum. **4.** The drum also must have a hole cut in it for the burner. **5.** The heating unit for the kiln requires a propane gas tank (not shown), regulator, hose, shutoff valve, and venturi burner.

6. During the firing, you'll need long-handled metal tongs to move the pottery. Here, the glazed pieces are lowered onto the kiln shelf. **7.** While some pottery is firing, you can set other pieces on the kiln top to warm. **8.** After heat turns the pottery a glowing orange, you remove it from the kiln. **9.** Next, you'll need a lidded container such as this garbage can. You fill it with material such as dry leaves or sawdust. **10.** The pottery goes directly from the kiln into the can for "reduction," a process which makes color changes in the clay. **11.** The lid on the can will shut off the oxygen supply so reduction can take place. **12.** Afterward, you remove the pottery and plunge it into water to cool. You can re-fire pieces if you like, after they've dried.

Raku

Since successful raku ware partly depends on well-formed pieces, you'll want to master clay-forming methods if you haven't already. We photographed three simple techniques that adapt well to the raku process: pinch pot, slab-drape, and slab construction. The clay we chose is porous enough to withstand the thermal shocks common in raku. We also show the application of color and glazes, which is the last step before the final firing.



Pinch Pot



1.



2.



3.



4.

1. The pinch-pot method starts with a smooth ball of clay you shape with your fingers. **2.** You use your thumb to hollow the inside, rotating the clay slowly. **3.** For reinforcement, you can roll a narrow coil of clay for the top inside edge. **4.** Work the coil into the rim so that the joint is invisible.

Slab-drape



1.



2.



3.



4.

Slab construction



1.



2.



3.



4.

Color and glazing



1.



2.



3.

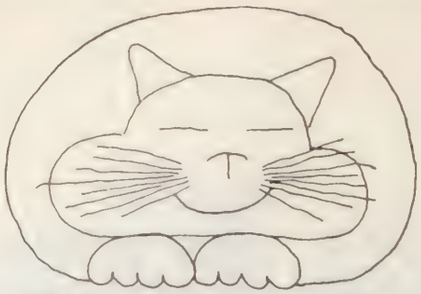


4.

1. In the **slab-drape** method, you place rolled-out clay over a mold of your choice. **2.** Press the clay gently around the entire outside of the mold. **3.** If you're adding a footed base, it will adhere better if you scrape both surfaces with a fork. **4.** A base made of coiled clay should be smoothly joined while the clay is still wet.

1. The **slab-construction** method starts with a piece of clay you smooth out with a rolling pin and measure into sections. **2.** You then cut the clay into rectangles to form a basic box, scraping the edges as shown. **3.** The joints can be either mitered or lapped. **4.** You can trim corners smooth or round them.

1. Color for designs like these begins with dry oxide mixtures you apply before or after glazing. **2.** Here, glaze is being poured over the designs. **3.** The underside of this pottery is being glazed over a shallow tray. **4.** Always wipe off the glaze from the bottom edges of your pieces before firing.



How to set up a health program for your cat

Far too many otherwise sensible people act as if they really believed the myth that a cat has nine lives. That may be because cats have an air of cool self-sufficiency and independence. But don't be deceived. A cat, like a dog, requires proper care to stay in good health. And the best time to consider a feline health program is when you choose a kitten.

Selecting a kitten

Optional preferences such as sex, length of haircoat, pedigree, and age are strictly for pet owners to determine. But owning a healthy cat begins with choosing a sound kitten.

How can you tell if a kitten is healthy? Look for these signs:

- Clear eyes, with no irritations or tearing discharges
- Clean ears excessive shaking or pawing of the head may indicate ear mites or an ear infection
- Pink gums, a general sign of good health
- Healthy coat, with no bare patches, sores, or dandruff-like crusts
- Playfulness, an almost universal characteristic of a healthy kitten

Diarrhea, sneezing, poor appetite, and difficulty in walking indicate a sick kitten. Some kittens are born deaf or blind, so be certain your particular choice responds to both voice and gestures. Kittens less than six weeks old should not be taken away from their mother. Prematurely weaned kittens may not be as strong—or as resistant to disease—as those that have nursed for their first six or seven weeks of life.

If you're faced with bringing a kitten into a house already occupied by another pet, don't worry. Handled properly, this imminent catastrophe can quickly evolve into a warm relationship. Generally, an older cat will accept a newcomer with little fuss. But be sure to divide your attention equally during the first few days so the older pet doesn't get jealous. After all, he expects you to respect his seniority, and you should.

You'll be surprised, too, how well dogs and cats get along under the same roof. But stay close to them until each realizes that the other is a companion, not a threat.

The welcome mat

While a kitten needs little in the way of special furnishings to feel welcome in his new home, he'll appreciate the following:

- A bed—even something as simple as a cardboard box with a soft cushion.
- A food dish and water pan, both of which should be easy to clean, heavy enough not to tip over, and made of material that can't splinter or be swallowed.
- A litter box where your cat can demonstrate his innate fastidiousness. Many types of commercial cat litters are available, or you can use shredded newspaper, sand, sawdust, or peat moss.
- A scratching post to provide the kitten with exercise and amusement—and to preserve your furniture and drapes.
- A carrier (with proper ventilation) to help eliminate the fears some cats have of traveling in a car.

Feeding a cat properly

Cats are the gourmets of the animal kingdom. In fact, some cats are selective to the point where nothing seems to tempt their appetites and most cats reject a repetitious and monotonous menu.

To head off boredom, vary your cat's diet periodically. A wide variety of commercial "complete" foods are available that will please your cat's fancy and also meet his nutritional requirements.

Weaned kittens between the ages of six to 12 weeks should be fed four times a day. As the cat matures, reduce the number of daily feedings, so that he's on a once or twice daily routine by the time he's full grown.

What type of food is best for your kitten—canned, dry, or semimoist? Let your cat try several types of food, and he'll soon let you know his favorites. Just make certain the cat food you buy is labeled "complete" or "fully nourishing." And be sure fresh drinking water is available at all times.

Here are several other considerations you should keep in mind when feeding your cat:

- Feed your cat at the same time and place each day. Your consistency helps him formulate good eating habits. And, don't let uneaten cat food stand for any length of time.
- If your cat refuses to eat it means one of two things: your menu is bad or your cat is sick. Assume the former if this happens infrequently, but consult a veterinarian if your cat repeatedly rejects food.
- Raw eggs and raw fish can cause a deficiency in certain vitamins. Fed a good commercial ration, your cat has no need for these treats anyway.
- Dog food isn't recommended for cats because it doesn't meet their high protein requirements.

Disease prevention

At weaning time (when the kitten has completed nursing), your veterinarian should examine your cat, start his vaccinations, and check for intestinal parasites such as roundworms, hookworms, tapeworms, and the protozoa coccidia. Parasites can greatly incapacitate an otherwise healthy kitten and make him susceptible to many diseases. Treatment for internal parasites should begin immediately upon detection.

Make sure your kitten's vaccination program includes inoculation against three very serious (and often fatal) diseases: feline distemper (also called feline enteritis or panleucopenia), a pneumonia-like disease called pneumonitis, and rabies. Distemper and pneumonitis vaccinations should begin at six to ten weeks of age, and the rabies vaccination at four to six months of age. Yearly booster vaccinations for these three diseases are recommended to assure continued protection.

When a cat is sick, he looks it. Symptoms might include a dull hair coat, loss of appetite for several days, prolonged diarrhea, nose and eye discharges, vomiting, coughing and sneezing, abnormal lumps on the body and a generally listless attitude. Being aware of these symptoms is the first step in helping your cat: seeking the aid of a veterinarian is the logical second step.

External parasites, notably fleas, may become more than just an annoyance to your cat. Fleas, lice, ticks, ear mites, mange mites, fungus infections (such as ringworm) and other skin conditions (such as eczema) can be successfully treated by your veterinarian. Other common ailments—for example, inflammation of the gums and tartar accumulation on the teeth, constipation, and the formation of small mineral crystals in the urinary tract—may become serious if left untreated.

continued on page 148



The Important Lamp.

From Sears special group of fine decorator lamps.

Discover the secret that decorators have used for years. The important lamp. It's the dramatic accent that will give any room new flair and excitement.

Sears has an exclusive group of important lamps. In 12 styles, each so classic, each so perfectly proportioned they'll highlight any decorating scheme.

Take the tawny gold-colored octagonal lamp to the left in our picture. It's inspired by an ancient Oriental vase—but it's ideal for a Mediterranean bedroom. Or just the touch of spice to brighten your Early American den. And equally exciting with Modern. The point is that truly beautiful lamps are at home anywhere.

Find your important lamp at most larger Sears, Roebuck and Co. stores or by catalog. The look is right. So is the price.

12 great decorator lamps only at Sears

Unsightly spot on your favorite sofa?

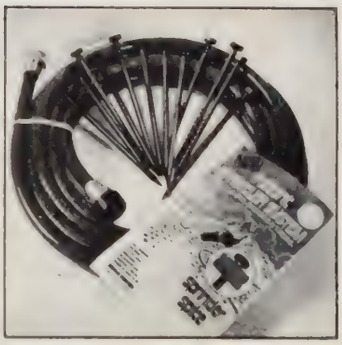
Don't rub it in. Lift it out.



Wiss shears help Donald Brooks turn design into dynamite.



GOOD NEWS



Watering your flowers and shrubbery will be less of a chore with this permanent watering system. It costs a fraction of an underground system and takes only minutes to install.

The system is simplicity itself. Just lay the 30-foot length of plastic hose beside the plants to be watered and close the end of the hose with the cap furnished in the kit. Then drive one of the special spray spikes through the hose into the ground in front of each individual plant that needs water.

Each spike has an unusual slotted head that controls the amount of water coming out and the direction of the spray. Water can be directed down toward the roots or upward to spray a larger area. If you wish to shut off an individual sprinkler, simply pull the spike part way out.

The Sprinkler Spike Watering System, with six spikes, hose end cap, and 30 feet of plastic hose, $6.20; package of 12 spikes, $3.98 in garden depts., Simpler Company, Box 868, Saratoga, Calif. 95070.



Being in the dog house could be the best thing that ever happened to your dog—if the house really is designed to fit his needs. This new dog shelter fits them precisely. It's molded in one piece from polyolefin plastic, and it's impervious to rain and sun, unaffected by temperature changes. Fleas and other parasites can't hide on the smooth inner surfaces.

The dog house is compactly scaled to utilize the dog's own body heat for maximum warmth. The door is left undersize so you can make the entryway just large enough for the dog to squeeze in and out. The "igloo" tunnel keeps rain and snow out and acts as a wind baffle. Any moisture the dog brings inside drains off the raised floor into a channel on the inside of the house perimeter and out through drain holes.

The unit weighs only 20 pounds and is 22 inches high, 40 inches long, and 34 inches wide—just the right size to double as a station-wagon carrier. An optional closing door keeps the dog securely inside.

Canine Castle 2000, $39.95 in hardware and garden depts. Ferguson Mfg., Inc., Richmond, Mo. 64085.

continued

"I'm shocked, he likes it."

Mrs. Dianne Fuchs





"Does he like canned dog food?"
"Very much."



"Have you ever tried
Cheese Flavor Gaines·burgers?"
"No."



"He likes it. I never thought
he would eat it."

We went to Boston to prove dogs who like canned dog food will like Cheese Flavor Gaines·burgers. We fed Cheese Flavor Gaines·burgers to dogs who eat canned dog food. Did they like Cheese Flavor Gaines·burgers? Dianne Fuchs' reaction was typical of most of the dog owners we spoke with.

More dogs and their owners discover dogs who like canned dog food like Cheese Flavor Gaines·burgers.®



Gaines·burgers.
The canned dog food
without the can.

In beef
or cheese
flavor.

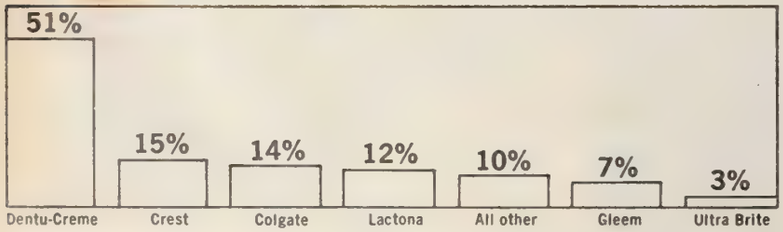
GF
GENERAL FOODS



What toothpaste do dentists recommend for brushing dentures?

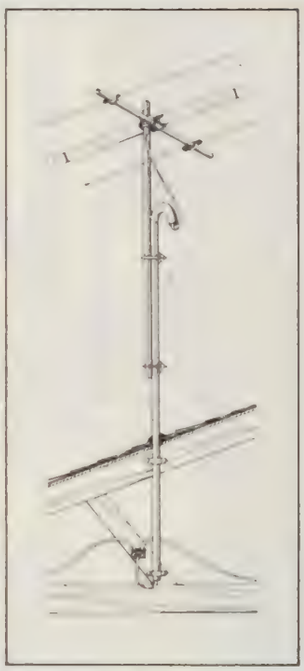
Dentu-Creme®. 3 to 1.





In a nationwide survey of dentists, 51% recommended Dentu-Creme for brushing dentures—a ratio of 3 to 1 over any brand of family toothpaste. Percents add to more than 100% because of multiple responses.

GOOD NEWS



Now you can install your TV antenna without having to worry about where to run your lead-in line or how to anchor guy wires. This antenna mounting system provides a strong support for your antenna and brings the wire into your house right through the roof. Here's how it works.

The mounting rod to which your antenna is secured is a 6½-foot length of 1¼ conduit. Clamps secure the lower end of the unit to the rafters and joists or the trusses in your attic; a flashing provides a weatherproof seal outside. U-bolts are furnished to secure your antenna to the unit. The lead-in wire runs in through the mounting rod and is connected to a coupler inside the house.

Stinger TV Lead-In System, $27.00. The Stinger Co., 403 Bedford-Euless Road, Hurst, Tex. 76053.



With its sculptured cabinet and trim silhouette, this 15-inch portable color TV looks great on its own—even greater on its optional color-keyed stand.

The set is 100 percent solid state with 11 plug-in circuit modules for easy servicing. The one-button tuning system automatically keeps contrast, tint, color, and brightness within normal range—but these controls still can be adjusted to suit individual preferences.

The new picture tube, designed specifically for this compact portable color set, is extremely short from front to back. So, while the unit really stands out in design, it doesn't stick far out into your room as would a TV with a conventional picture tube. The carrying handle is recessed neatly into the top of the set so you can set objects on top of the set.

Projecta Portable Color Television, $379.95 in home entertainment departments. RCA Corp., 600 N. Sherman Dr., Indianapolis, Ind. 46201.

continued

The right amount of attic insulation can cut your heating costs as much as $130 a year.



Make sure your attic insulation is at least 6" thick. New home or old. Studies show that a home with 6" of Fiberglas* insulation in the attic costs up to 30 percent *less* to heat than an identical home with no insulation. 6" of Fiberglas insulation in the attic cuts *cooling* costs, too.

Take an average 1000-sq.-ft. home in Chicago, for example. Going from no insulation to 6" of Fiberglas insulation in the attic could cut heating costs as much as $130 a year.

Even if your home has some insulation in the attic, add enough Fiberglas to bring the total thickness up to 6". You'll save, too.

Ask for Owens-Corning Fiberglas insulation. It's pink. And it comes in standard widths for easy do-it-yourself installation. (Cost for Fiberglas insulation 6" thick: about 15¢ a square foot at your local building material dealer.)

Or if you prefer you can have your local insulation contractor install Fiberglas insulation.

Either way, the entire job can usually be done in less than a weekend.

And depending on where you live, the insulation could pay for itself in *less than 2 heating seasons.* (Our free computer analysis gives the facts.)

Send for free fuel-saving facts. Fuel savings vary by region of the country. To show how much *you* could save in your area, Owens-Corning will send you: A computer analysis. Plus "Fiberglas Building Insulation," a new do-it-yourself booklet. Free.

Owens-Corning Fiberglas Corporation
Att. C. U. Meeks
Fiberglas Tower, Toledo, Ohio 43659

Please send me a computer analysis of heating and cooling savings in my area. Plus the free "do-it-yourself" booklet.

Name _____

Address _____

City _____

State _____ Zip _____

(BH973)

*T.M. Reg. O.-C.F.

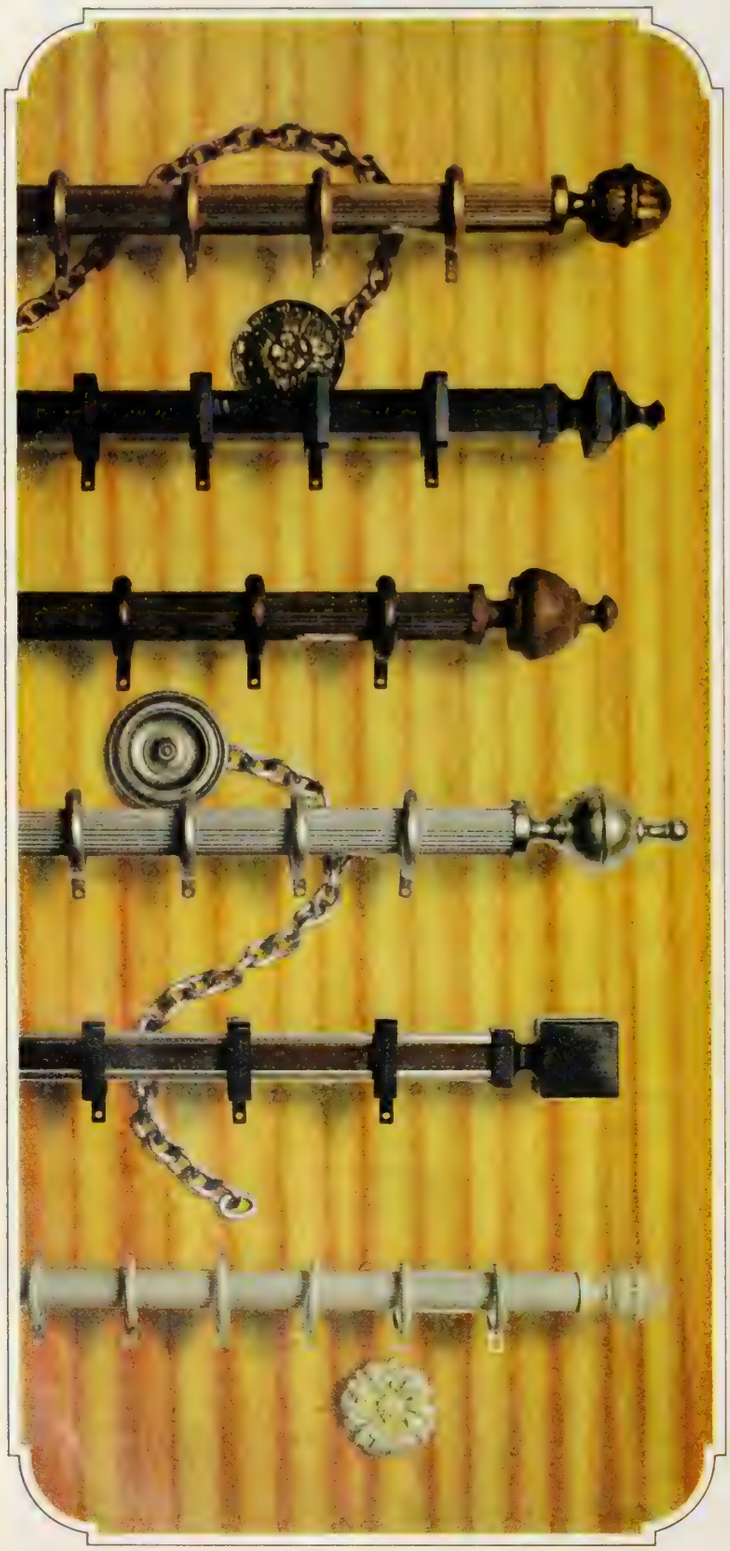
Owens-Corning is Fiberglas

OWENS/CORNING FIBERGLAS

If you call it home, it's worth Kirsch.

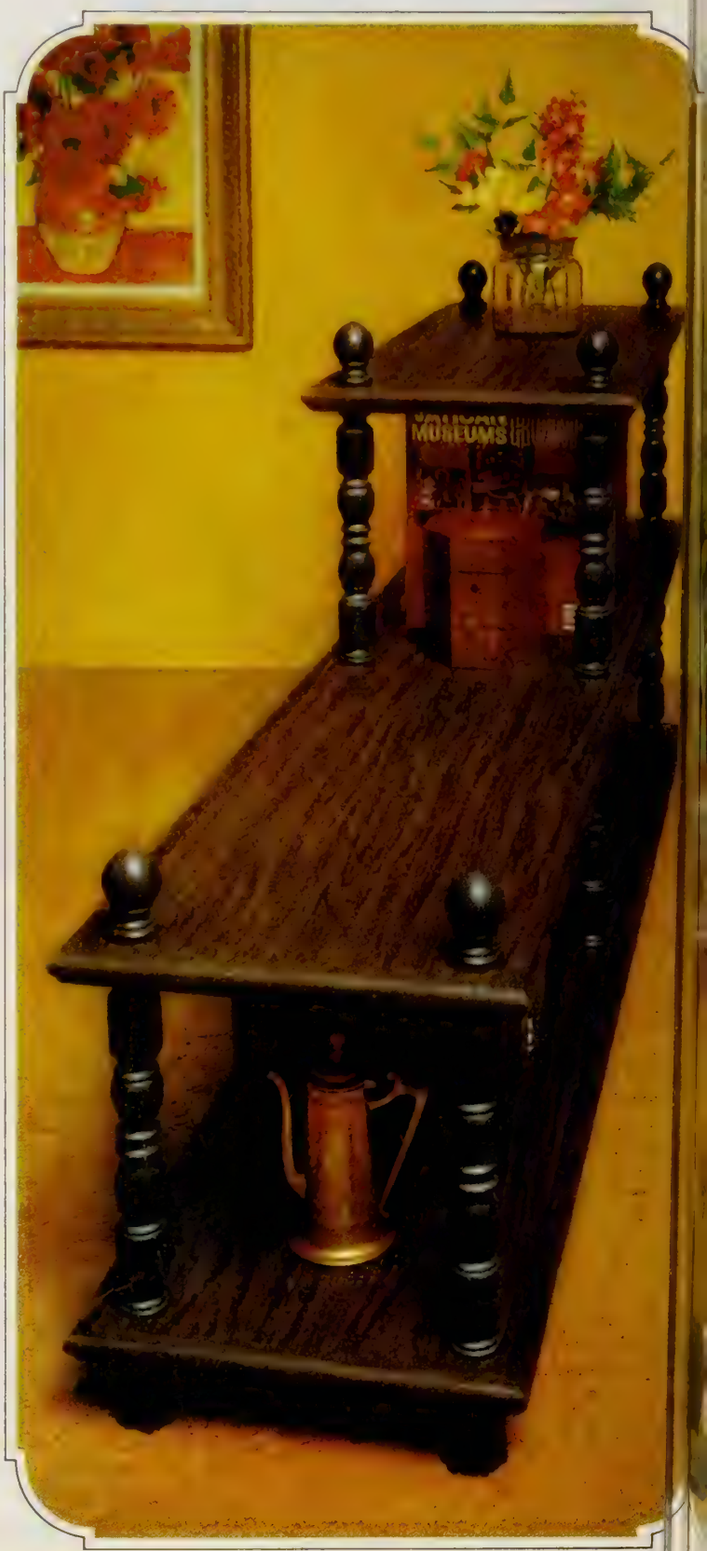
Kirsch Drapery Hardware...to make any window beautiful.

For truly beautiful window treatments, you start at the top—with Kirsch® quality drapery hardware. Classic designs in antique brass and pewter. Modern cubistic styles. Other designs that look like wood and last like steel. Of course, conventional white rods, too. And beautiful jewel-like accessories. Everything you'd expect from Kirsch—the quality leader since 1907.



Kirsch Freestanding...a whole new idea in shelving.

Freedom of assembly! That's the idea behind new Kirsch® Freestanding Shelving. Thanks to the exclusive Ring-lock™ design, it takes just a twist of the wrist to create a furniture-quality table...bookcase ...divider—you name it. And adding or removing pieces is just as easy. In stain-resistant walnut and dark oak vinyl finishes.



Kirsch

where quality still means something.

Kirsch Bedspreads and Matching Draperies...the dream team.

The choice of many top interior designers—and now available to you. These exquisite Kirsch® spreads are all quilted—some with deep handguided outlining; others with multi-needle stitching; thick, luxurious polyester filling and the finest linings. Together with matching draperies, they're crafted to retain their color and beauty for years. Available in a wide variety of distinctive patterns and colors—shown is Jill.



Kirsch Bath Accessories... to put charisma in your commonplace.

Everywhere you look, Kirsch touches your bathroom—other rooms, too—with elegance. From soap dishes to towel rings, switch plates to dual-channel shower rods. Some, like the double-faced vanity mirror, feature new counter top design. Metal parts are solid cast with a tough acrylic coating. In three designer motifs. **Kirsch products are available at fine stores everywhere. Or write: Kirsch Company, Sturgis, Mich. 49091.**



LIBERATION CAN BE TOUGH ON A WOMAN.

Today's woman is no longer tied to her apron strings. Physically or mentally.

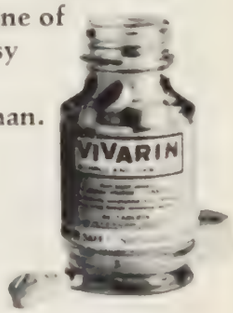
She not only has to be on her feet a lot more, she also has to be on her toes.

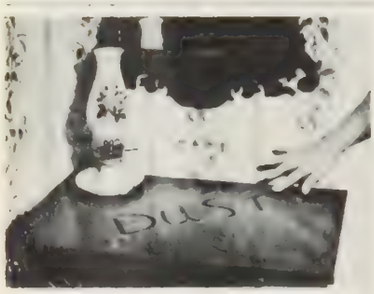
And, let's face it, occasionally there are times when she isn't as sharp as she'd like to be.

For those times, there's Vivarin.

Vivarin is a gentle pick-me-up. The active ingredient that makes Vivarin effective is the caffeine of two cups of coffee squeezed into one easy to take tablet.

Vivarin. Help for the modern woman.





dust! a Problem?

Weary of the endless cycle of cleaning-dusting, cleaning-dusting, cleaning-dusting?

Go modern with RAINBOW, "the machine of tomorrow — today!"

Rainbow traps household dust and dirt in water, banishes it from your home forever. No bags to empty or replace. No filters, either. Water does away with both.

WET DUST CANNOT FLY.

For details write

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AS ADVERTISED IN Better Homes

GUARANTEED PARENTS' MAGAZINE

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1046 Buhl Bldg., Detroit, Mich. 48226

If you are interested in distributing the exclusive Rainbow, some areas are available. Write for details.



Mistletoe Reservation $1

Start Christmas early with N-M's 1973 CHRISTMAS BOOK. With your book, ready in mid-October, you receive an "N-M Dollar", worth 1.00 toward your first purchase from this 1973 edition. Mail 1.00 with your name and address to: Neiman-Marcus, Dept. 17, P. O. Box 2968, Dallas, Texas 75221.

Neiman-Marcus

GOOD NEWS



This modular greenhouse is designed to grow right along with your gardening know-how. The basic starter greenhouse module is six feet wide, four feet long, and 7½ feet high. Its rigid tubular plastic frame is joined with molded plastic fittings that snap together so you don't need tools or screws and bolts. Two-foot-wide fiber glass shelves provide working space for starter trays and pots of smaller plants. Taller plants can be set on the ground beneath the translucent shelves.

The greenhouse is lightweight and completely portable. No foundation is needed—just make certain the ground beneath is level to keep drafts out and heat in. Stakes may be used to secure the unit in windy areas.

Casaplanta Modular Greenhouse, $99 in garden departments. Casaplanta, 9489 Dayton Way, Beverly Hills, California 90210.





You can set fasteners fast with this powerful hand tool based on the familiar Vise Grip plier. Using one of seven different pairs of Lexan and steel clips that slip onto the plier jaws, you can clinch snaps, grommets, and rivets and also center-punch and countersink metal for drilling. Or, use the smooth-faced clips to grip painted, plated, or threaded material the steel plier jaws might mar.

The principle is simple: the plier jaws travel in a near-parallel path and exert tremendous leverage. The benefit is obvious: you can replace grommets and snaps on such things as canvas boat tops and leather objects without taking them apart and into your shop. Rivets can be applied on surfaces you normally couldn't pound with a hammer. And since the plier closure is adjustable, all fasteners will be uniform once installed.

Clinch Fast Kit, $29.90 in hardware depts. Time Saver Tool Corporation, 7006 Indianapolis Blvd., Hammond, Ind. 46324.

General Electric's new Dispensall® washer. You load it once, then forget it till the laundry's done.



The most automatic automatic washer General Electric ever made: That's the new GE washer with the Dispensall system.

You simply pour pre-wash, detergent, bleach and fabric softener into the Dispensall at the start of the wash and it automatically releases each of them at the proper time, in the proper cycle.

But the Dispensall system isn't the only way this new GE washer makes your life easier. It also has the Mini-Basket® feature for washing the fragile things you've always had to do by hand.

And a Filter-Flo® system which traps lint fuzz out of the wash water. So if a terry cloth towel gets mixed up with your good black polyknit slacks, you don't have to spend hours brushing the lint off them.

While you're checking out the new GE Dispensall washer, ask the salesman about a matching, extra-large capacity dryer (either gas or electric). The bigger space inside means smaller wrinkles in your permanent press clothes.

One other feature of a GE appliance (and one of the best) is something you may never use at all. It's GE Customer Care... Service Everywhere.™ This is our pledge that wherever you are or go in the U.S.A., you'll find a qualified GE serviceman nearby. Should you ever need him.



So get a GE Dispensall washer. And for once, have an automatic washer that practically does the laundry by itself.

Dispensall washer—another reason why General Electric is America's #1 major appliance value.

GENERAL ELECTRIC



Even when your dining room is the alternate locker room you don't have to worry about Keller furniture. We make it as sturdy as it is beautiful.

All our furniture is made with a skill and respect and concern for wood that insures its usefulness for years. And our tables are topped with Armor-Gard, one of the strongest scratch and heat-resistant surfaces ever made.

So with Keller, a dining room doesn't have to be just a dining room anymore.

It can be a game room, a conference room, a study hall, and just about anything you want it to be.

Because we make it for people who like to be together.

It's more than just dining furniture. It's KELLER

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DIVORCE:

Today, an increasing number of states permit divorce simply on grounds of "irreconcilable differences," without regard to who is at fault. An uncontested divorce can be obtained in California on a "do-it-yourself" basis by the mere formality of filing certain papers and paying a nominal fee. Iowa and Michigan have enacted similar laws.

Recently liberalized divorce laws, changing attitudes toward unworkable marriages, and national affluence suggest to some experts that our presently high divorce rate may prove to be temporary. They theorize that many families who have tolerated mismatched marriages until now are all at once deciding to end them. If so, the recent leap in the divorce rate may be followed by a period of decline and leveling off such as followed the heavy backlog of divorces granted after World War II.

Our high rate of divorce in relation to other countries also needs to be viewed in perspective. For one thing, some nations flatly prohibit divorce and, in an even larger number, there remain strong religious taboos against divorce. For another, prosperity normally triggers an increase in the divorce rate and the United States is by far the world's most prosperous nation.

In no other nation have women attained financial self-sufficiency to the extent they have in the United States. Furthermore, in many nations the family continues to be a center of economic production—a necessity to maintain no matter how unhappy the marriage. Even in this country, the divorce rate is sharply lower among farm families than among urban families.

Finally, a high divorce rate tends to be linked to average age at the time of marriage. The younger the marriage partners, the greater the likelihood of divorce. The average age at marriage in the United States during the past several decades has been among the lowest in the world.

Those who predict the demise of the family not only fail to look beyond divorce statistics, but they completely ignore our nation's high *marriage* rate. More than 95 of every 100 Americans eventually marries (one of the highest marriage rates anywhere in the world.) And viewed over enough years to average out variations in the divorce rate, nearly three out of four stay married to their original partners for the remainder of their lives.

Divorce rate statistics are startling in large measure because they deal with only a minority of the total population. In the maze of figures, it is too easy to lose sight of the fact that most people who marry *don't* divorce—ever.

And of those who do divorce, more than three-fourths remarry—a strong rebuttal to the argument that Americans are fleeing marriage in favor of alternate life-styles. What our divorce and remarriage rates clearly *do* prove is that more people are ending unsatisfactory marriages and entering into new ones where they hope to achieve greater happiness. Do they? The evidence is that most do. Approximately two-thirds of second marriages become lasting relationships.

Not only is the remarriage rate in this country high, but it is increasing. The number of remarriages per one thousand divorced and widowed women in 1960 was approximately 260. In 1972, it approached 400, more than a 50 percent increase.

Another contention of those who say the family is finished is that young people are avoiding marriage. They cite statistics showing the percentage of 21-year-old women who were still single rose from 35 percent in 1960 to 47 percent in 1972. The alarmists, however, ignore another set of statistics: Those showing that among women 28 years of age and older, the percentage still single was *lower* in 1972 than in 1960.

Rather than shunning marriage, the evidence is that more young people are *postponing* marriage. Indeed, the average age at first marriage has increased as much in the past 15 years as it decreased during the previous 65 years.

To the extent delays in marriage lead to increased education and higher incomes at the time of marriage, the chances of a lasting marriage are further improved. Individuals with 16 years of formal education face only half as great a risk of divorce as persons with only 12 years of schooling. A higher income similarly lowers the divorce risk.

Even if, as it can be hoped they will, such developments help to produce more successful marriages, the fact remains that Americans are increasingly willing and able—financially and legally—to end those marriages which *aren't* successful. Divorce is here to stay. But so is the family. ■



MENUS WITH MANPOWER



It's easy to feed the hungry guys in your house with a meal featuring Cheese 'n Wiener Crescents. They're easy to make with Cracker Barrel Brand Cheddar Cheese from Kraft and Pillsbury's Crescent Rolls. Serve 'em with a bowl of vegetable soup, ice cream, and a big glass of milk. Your family will love it.



CHEESE 'N WIENER CRESCENTS

Cheese-filled wieners in crescents combine to make this good-tasting, quick meal idea.

8 wieners
8 strips Cracker Barrel Brand Cheddar Cheese
8-ounce can Pillsbury Refrigerated Quick Crescent or Italian Crescent Dinner Rolls

Preheat oven to 375°. Slit wieners to within ½-inch of ends; insert cheese strips. Place on wide ends of triangles; roll up. Place on cookie sheet, cheese side up. Bake at 375° 10 to 15 minutes till golden brown. Refrigerate any leftovers.

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Raku how-to

Kiln materials: 55-gallon metal drum without lid, 60 K-23 insulating soft-fire bricks, three 11x22-inch kiln shelves, 25-gallon propane gas tank, regulator, 10-15 feet of LPG hose, 100,000 BTU venturi burner, ¼-inch shutoff valve good to 60 lbs. P.S.I., bag of vermiculite. You'll find the bricks and shelves at brick and building supply firms; the tank, regulator, hose, burner, and valve at a liquid gas dealer; vermiculite at garden and hardware stores. Ask your liquid gas dealer for information on how to install and operate burner and related parts.

1. Cut a 4-inch hole in drum, 3 inches from bottom, using a torch or saber saw hacksaw blade. Cut bricks with same blade to fit bottom of drum and lay in place to make kiln "floor."
2. Add rows of bricks to sides of drum, as shown in color photo. First-row bricks are arranged vertically; the remainder rest on their sides. First-row bricks should have a hole cut in them to fit drum hole. Pack space firmly between all brick rows and drum with vermiculite. Bricks may extend beyond drum top, or be cut to exact fit.
3. Place three bricks vertically on kiln floor. Half a shelf will rest on them to form a firebox. Use remaining shelves on kiln top.
4. To make heating unit, connect the following in this order: tank, valve regulator, hose, valve, 6-12 inches galvanized gas pipe, and burner. Be sure that nothing pierces the hose.

Clay-forming methods

You can use many types of clay for raku, from the kind in your backyard to the commercially prepared variety. Porous clay is best, as it can withstand the thermal shocks typical in raku. For general use, get stoneware sculpture clay, available through ceramic suppliers.

Raku ware must be well-formed to survive. Pottery made from one piece of clay has the best chance for success. Items made from more than one piece must be joined so well that the joint becomes an integral part of the whole. Small, simple shapes are easiest to handle.

1. To make a *pinch pot*, form a lump of clay into a smooth ball. Press into center of clay with thumb to about ½ inch from bottom. Push clay outward, rotating to keep round and even.
2. Keep clay damp by dipping hands in water. Smooth over cracks with moist fingers. To reinforce top edge, roll out a flat coil of clay and attach with wet fingers, smoothing until joint is invisible. For a foot, add a coil to bottom.
3. In the *slab construction* method, you cover a flat work surface with a sheet of plastic. Roll out clay on plastic with rolling pin or pipe, not pressing too hard. Occasionally roll diagonally to even out. To measure and trim clay, use guide sticks as thick (about ⅜ inch) and as long as pieces you want.
4. To make box joints as shown in photos, roughen and moisten edges for a good bond. If necessary, allow clay to dry slightly so it won't collapse. Miter or lap edges, trimming for evenness. All joints must be invisible. To reinforce joints, press thin clay coils along inside edges. Smooth into angles with fingers.
5. For the *slab-drape* method, roll out clay as for slab construction and cut to desired shape. Allow to dry until easy to handle but not stiff.
6. Press clay around outer edges of a mold (use a plaster batt, piece of finished pottery, or shallow tray). If you like, add a coil foot while still damp. Let dry until clay retains shape, then remove from form. To prevent sides from flattening, prop edges with small clay coils.

Most other types of construction will work with raku, including wheel-thrown pieces and well-constructed coil pieces.

Texture can be applied to any clay piece by rubbing, scraping, or imprinting the surface with natural or man-made objects. This is best done after piece is finished and is "leather hard"—i.e., before it has completely dried.

Bisque firing

All clay pieces must be bisque fired before glazing. This will remove moisture so the piece won't crack or shatter during the final raku firing.

Bisque firing is a long, slow first firing that readies clay pieces for glazing and raku firing. It removes every trace of moisture and ensures later firing success. You can have your pieces fired at a ceramic studio for a small fee. Or, do it yourself outdoors in your drum kiln.

1. Since the clay pieces are unglazed, you may stack them inside each other in the cool kiln. Place larger, heavier items on bottom shelf and stack smaller ones on top till kiln is filled, if you like.
2. Before lighting kiln, be sure it's well out of the way of trees, brush, and other inflammables. Check with your local fire department concerning any regulations and added safety measures.
3. Light burner with top off. Then place shelves on kiln top with a two-inch gap at center. Keep

burner on lowest temperature for five hours. Then give shut-off valve a quarter turn each hour to increase heat. If fire goes out any time during the firing, shut gas off immediately. Wait about five minutes before relighting.

4. Continue for five more hours or until pieces have turned a hot, glowing orange. Shut off heat and let pieces and kiln cool overnight.

Glazes

You can apply glazes and color oxides to bisque-fired pieces. Use any premixed high-firing glaze or mix your own from materials found at a ceramic supplier. Our directions are for clear glazes—you can add color oxides to any of them.

1. By *dry* measure or weight, use any of these three mixtures for a glaze: 50% colemanite and 50% nepheline syenite; 50% colemanite and 50% cornwall stone; 50% colemanite and 50% buckingham spar.

2. For color, add the following dry amounts to your glaze: dark blue—4% cobalt carbonate or oxide; blue—2% cobalt carbonate or oxide; light blue—0.5% cobalt carbonate or oxide; blue green—0.5% cobalt carbonate and 3% copper carbonate; red—8% copper carbonate or oxide and 8% iron oxide; tan to yellow—2% iron oxide; white—10% tin oxide. You may want to convert the percentage amounts to other figures, such as: 8% = 8 teaspoons; 2% = 2 teaspoons, 0.5% = ½ teaspoon.

3. To brush on color in designs, use dry oxide color mixed with water to a thin consistency but with strong color. Our formulas omit lead, so you may use them freely. However, avoid breathing dry dust when mixing glazes, and avoid prolonged contact with skin.

4. Mix glazes thoroughly before applying. Add enough water to dry ingredients to make a medium-thin mixture. Thinly applied glazes reveal the clay color beneath; thicker ones become more opaque.

5. Glazes should be poured over pieces (use a shallow tray to catch drippings) or dipped (small pieces only) or brushed on. As a general rule, apply them about ⅛ inch thick. Colored designs may be brushed on before or after glazing. The more coats of glaze you apply, the glossier the piece. After glazing, wipe off bottom edges of your pottery with a damp sponge to prevent any sticking to kiln. Air-dry glazed pieces thoroughly.

Raku firing

Materials: long, lined asbestos gloves, metal bucket for water, scissor-type long-handled fireplace tongs, lidded metal container (such as garbage can) partly filled with dry leaves, sawdust, wood chips, or shredded paper. Follow general safety precautions given under "Bisque firing." You may wish to don goggles or other face protectors.

1. After glaze is applied, preheat kiln 15-30 minutes and set pottery on top to preheat and remove any glaze moisture. Turn off kiln and set half of top lid to one side.

2. With gloves on, grasp each item firmly with tongs and slowly lower it onto kiln shelf. If you fire more than one piece at a time, don't allow edges to touch on kiln shelf.

3. Replace kiln lid, leaving it slightly ajar, and relight kiln. Place pieces to be fired second on kiln top to warm. Slowly increase kiln heat. Allow 15-40 minutes for firing. (First firing may take longer.)

4. If a piece should shatter during firing (due to moisture in glaze), turn off kiln immediately. Remove fragments with tongs. When kiln has cooled enough, remove rubble and shelves and clean as thoroughly as possible.

5. When glaze turns shiny and moist-looking, and is a hot, glowing orange, turn off kiln and set aside half of lid. Using tongs, remove one hot piece at a time and carefully lower it into "reduction" can partly filled with dried materials.

6. There will be a small flame-up as the piece ignites dried material. Be prepared to quickly add an extra handful of dry material and clamp lid tightly on can. Remove rest of fired pieces, adding dry material between pieces to prevent their sticking to each other. Work quickly and stand back when opening can.

7. After pieces have been in can 15 minutes, remove lid. Watch out for a possible flame-up. Remove pottery with tongs and plunge it quickly into metal pail or tub filled with water.

8. If you wish to re-fire any pieces, don't cool them in water. Instead, preheat on kiln top and repeat firing steps. If you've already cooled pieces you want to re-fire, air-dry them completely before firing.

When you've finished all the firings, turn off kiln and let cool completely. Close shelves over top opening. Detach the entire heating unit for storage or if there are small children around. Keep kiln indoors during winter or covered if you leave it outside.

For more information:

Raku Art & Technique by Hal Riegger (Van Nostrand Reinhold Co., 450 W. 33 St., N.Y., N.Y. 10001), 1970.

Raku Handbook by John Dickerson (Van Nostrand Reinhold Co.) 1972. ■

MENUS WITH MANPOWER



Here's a man-sized dessert that's quick and easy. Rocky Road Snack Cookies. Make 'em with any flavor of Pillsbury Refrigerated Slice 'n Bake Cookies and Kraft Miniature Marshmallows. Serve 'em with this hearty, quick-to-fix menu . . . a corned beef sandwich, sliced tomatoes and cucumbers, and a big glass of milk, topped off with Rocky Road Snack Cookies.

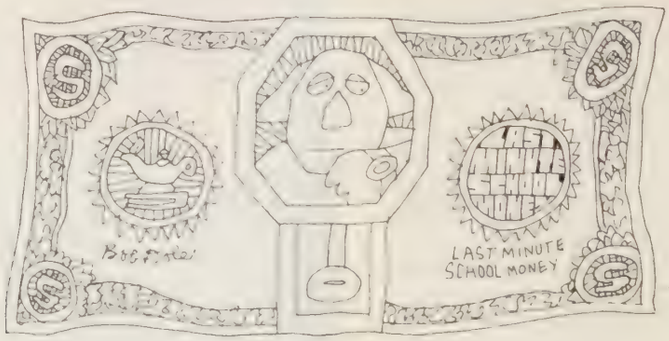
ROCKY ROAD SNACK COOKIES

These rich, chocolate marshmallow bar cookies are simple to make and can be served as a snack or dessert.

1 roll Pillsbury Refrigerated Slice'n Bake Cookies, any flavor
15.4-ounce package Pillsbury Creamy Fudge Frosting Mix or Creamy Double Dutch Frosting Mix
1 cup Kraft Miniature Marshmallows
¼ cup butter or margarine
⅓ cup water
½ cup chopped nuts, if desired

Preheat oven to 375°. Grease 8- or 9-inch square pan. Slice cookie dough ¼-inch thick and overlap slices in bottom of prepared pan. Bake at 375° for 20 to 25 minutes until lightly browned. (Cookies will be puffy when removed from oven.) Cool 15 minutes. In a medium sauce-pan, melt butter in water. Stir in frosting mix; blend well. Remove from heat; stir in miniature marshmallows and nuts; spoon over cookie base and spread. Cool; cut into 24 bars.





How to get last-minute money for school

Even though you've budgeted for the big slice of money that college will cost, you may find yourself strapped for a few extra hundred or so now that the school year is about to start. Perhaps there are immediate bills for tuition or room and board to meet. Or you want to set up some funds for your youngster's upcoming cash expenses for the year.

It's probably too late to get scholarship money. Still, your first step should be to talk with the school's financial aid officer. He can suggest a number of immediate sources, as well as help you plan ahead for the next big demand on your funds.

Low-cost student loans

This is the first possibility to look into, although you may have to wait a few weeks for the money, and various program requirements could limit the amount you can borrow or even rule out a loan entirely.

These loans are taken out by the student. Guaranteed by either the federal or state governments or by a private, nonprofit organization called United Student Aid Funds, the loans offer about the best deal you'll find anywhere. Here's how they work:

Your youngster must apply through his school, which determines how much financial need there is and recommends that amount for the loan. The maximum allowed anyone is $2,500 a year, with a total limit of $7,500 for undergraduate work and $10,000 over the student's entire educational career, including graduate school.

After the school has processed the papers, your child takes the application and loan recommendation to a local lending institution that participates in the program—preferably, the bank where you do business regularly, or a bank that the school recommends. The banker may adjust the amount the school recommends up or down, but chances are he'll stick to the school's suggestions. Once the bank is contacted, it shouldn't take more than three or four weeks to get the money.

The advantages of these "guaranteed" student loans are several: Your youngster does not have to begin to repay the money until nine months after he gets out of school. Typical minimum monthly payments then are $30 (except in unusual circumstances), with up to ten years to repay. Interest charges are low: only seven percent simple interest per year. What's more, the government will pay the interest as a subsidy for the period your youngster is in school.

Yet there are some disadvantages. For one thing, your family's finances may be such that the school won't recommend the loan, even though you feel pressed for money. In that case, request a guaranteed loan from your bank anyway. Some banks will grant them despite the school's judgment. However, you won't get the government interest subsidy.

Another problem is that these loans can take time to process. You may need to borrow other short-term money at a higher interest rate, while the subsidized loan is being worked out.

Finally, your youngster must understand that *he—not you—is legally obligated for the loan.* Of course, you may help out informally. But the debt will be his, and he will face collection procedures should he default on his payments.

Bank education loans

If the student loans don't work for you, and it looks as though you'll need several hundred or a few thousand dollars for three or four years running, there are special education loans offered by a number of institutions. Interest rates run from about ten to 12 percent per year, depending upon the length of the loan and the going rates in your part of the country. You, as parents, must take out the loan. Payments usually begin 30 days after you receive the money.

A typical loan to provide about $1,500 a year for the next four years would be this: You arrange a loan for $6,000 which allows you to withdraw only the amount you need each year ($1,500 in this example). That way, you're not paying interest on the full amount the full time.

One such plan charges 11.23 percent interest a year for seven years. You receive $1,500 each year for the next four years. Your monthly repayment costs are $88.86 for 84 months, for a total of $7,464.24—$1,464.24 in interest. If you want life insurance to see that the loan will be paid

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How to protect your credit rating?

It can happen to any family: a lost job, a costly medical emergency, or perhaps just a mistake in financial judgment. Suddenly you find yourself going through a painful period when you can't pay your bills. How do you keep your credit rating alive while you're weathering the storm?

Ever since you moved to where you now live, information on your bill-paying habits has been quietly piling up at a local credit bureau. The bureau sells this information to banks, stores, and other lenders who want to know how reliable you are. And the credit grantors, in turn, report back to the bureau on your behavior in each new credit situation.

According to the Associated Credit Bureaus, a national organization of these data-gathering agencies, you can get through a cash-short period without great damage to your credit rating—provided you handle yourself well.

"All lenders know that even a wise borrower can run into hard luck," says John L. Spafford, ACB's president. "The question isn't, 'Did this family ever run short of money?' It's *'What did they do about it?'* "

What if you can't pay?

Here are constructive steps you can take when you're under payment pressure:

• Don't try to struggle through your crisis by making partial payments on all your bills. Instead, make a cool and calculated decision to pay certain bills in full while postponing others.

If you part-pay every bill, all that will happen is that a host of creditors will hound you and a lot of damaging late-pay and delinquency reports will spring up like weeds in your file at the credit bureau.

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Guess whose hands are 12 years older?





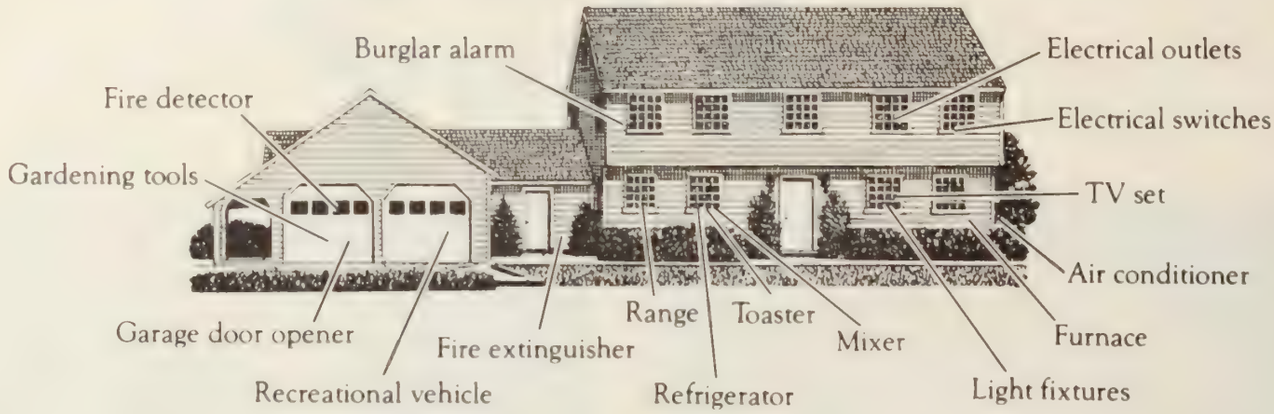


"My hands are 12 years older than hers," says Mrs. Beverly Stone, on the left. "She's only 23, I'm 35. And I do housework and dishes for my husband and 2 children. That's why I take good care of my hands. And for dishes, I always use Ivory Liquid. It's one of the reasons my hands stay young looking. It's so mild, I think it helps."



Ivory Liquid helps keep hands young looking.

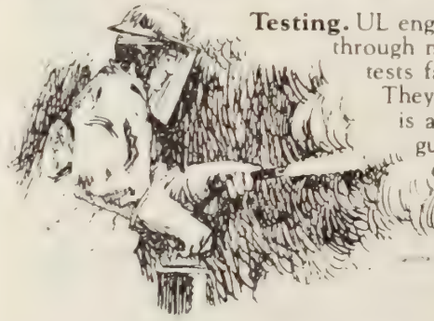
In your home you have this symbol (UL) by the dozen. Do you know what it really means?



Here's how a product earns the UL symbol.

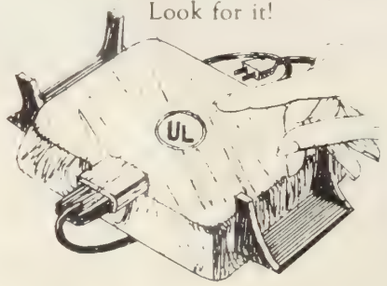


Submittal. A manufacturer turns his product over to UL for evaluation. He wants UL to verify by examination and test that the design meets recognized safety requirements.

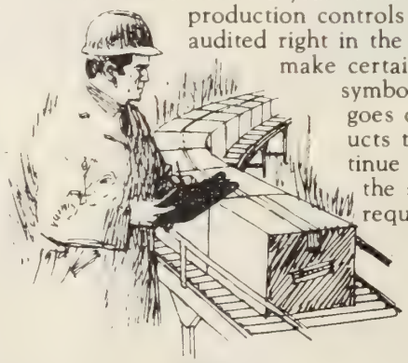


Testing. UL engineers put the product through normal use tests, then tests far more rigorous. They want to determine it is adequately safeguarded against electric shock, fire and casualty hazards.

Identification. Only those products that meet UL's safety requirements earn the right to use the UL symbol. Look for it!



Factory Follow-Up. UL conducts unannounced in-plant inspections ranging from several times a year to daily. Factory production controls are audited right in the plant to make certain the UL symbol only goes on products that continue to meet the safety requirements.





Do your part. Use the product only for its intended purpose. Read the operating instructions. Heed the safety warnings. Safety is a team effort.

Underwriters (UL) Laboratories, Inc.

Chicago and Northbrook, Ill., Melville, N.Y., Santa Clara, Calif., Tampa, Fla

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Last-minute money for school

off should you die, the additional cost would be about $2 a month.

Passbook loans

What if you have a few thousand dollars in the bank, but do not want to deplete your reserves completely? A passbook loan could be the answer. What you do is put up your savings as collateral; with that insurance, the lender will give you a favorable rate.

Say you have a savings account that pays 4½ or five percent per year; you might get a loan for as little as seven percent, or up to almost 11 percent. The rate depends upon the kind of banking institution you deal with. In some cases, the length of time you take to repay also will affect the amount of interest you'll be charged.

With some institutions, such as credit unions, the deal is especially attractive: Many pay up to six percent on your savings and charge only seven or eight percent for collateral loans. That means your loan cost actually comes to only one or two percent per year. (To figure the actual percentage cost to you, subtract the rate of interest you earn on your savings from the rate of interest you pay on the loan.)

You can use other assets for low-cost collateral loans: Securities will continue to pay you dividends and—hopefully—appreciate in value while you use them as binders for a loan. In the same way, real estate may rise in value during the loan period. With any collateral loan, however, be sure you're not tying up assets you may want to sell or use.

Life insurance loans

A major reason for life insurance is to provide money for raising your family if you're not around. Since college costs represent one major family expenditure you would want to cover, perhaps it's a good time to use your policy to provide cash now that your youngster is in college.

You can do this by borrowing against the cash value any of your policies may have accrued. (Term insurance, of course, does not build up cash value.) Rates are generous: only five or six percent a year, depending upon when the policy was issued. Some G.I. policies charge even less. There is no time limit on paying back the loan, although you must keep up interest payments.

One caution about life insurance loans: your policy's coverage is reduced by the amount of loan and interest outstanding. If you borrow $3,000 from a $20,000 policy you bought several years ago, your family would then receive less than $17,000 ($20,000 minus the $3,000 borrowed, plus some interest) if you should die. It's up to you to decide how important that full coverage is now that your youngster is in college, and part of his expenses have been paid for.

Other sources

If you are in a real rush for cash, you can take out a short-term loan from a small loan company. Several hundred dollars or more are available with no fuss, but the interest rate is very high—often 22 percent or more.

Similarly, pawnshops provide ready cash—at a high cost to you. The interest rate works out to be over 30 percent. Also, they'll typically loan you only about one-third the value of the item you pawn. And, there's a time limit beyond which they may sell the item if you have not been able to pay off the loan. ■

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How to protect your credit rating

These weeds, once established, are hard to kill. By paying as many bills as you can when they're due, you statistically reduce the likelihood of bad reports from lenders.

• In deciding which bills to postpone, contact each creditor and discuss your problem with him. Depending upon your relationship, you and the creditor probably will be able to work out terms which will satisfy you both. In some cases, a creditor may agree to let you defer payment for several months while others may take a partial payment each week. Also, remember that an unsympathetic computer may make trouble for you automatically if you're late with the money.

• Whatever else you do, *communicate* with your creditors. If you can't come up with a mortgage payment, don't simply let the due date slip by in silence. Go to the lender and explain your problem

continued

ack-to-school used to mean
encils, pads and a lunch box.



RELAX
YOU'VE GOT
MASTER CHARGE

Today's style-conscious kids need lots of everything. And they need it all at once. But whatever the kids need, you can get it with your Master Charge card. Because the card is good in more places across the country than any other. And it lets you stretch out the payments, if you like.

master charge
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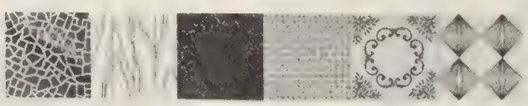
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Sears

continued

How to protect your credit rating

frankly. This will have two good effects. First, it will show the credit officer that you're concerned about the debt—that you aren't trying to dodge responsibility. Second, you will probably find him willing to help. He may arrange for you to stretch out your payments, for example.

The important point is that, even though you are temporarily broke, you will remain a good debt payer in the credit grantor's eyes. In all likelihood he will make no adverse report to the credit bureau.

Note: Even though you have paid some accounts when due, while letting others go, don't permit any single account to become so far past-due that it is referred to a collection agency or attorney for suit. Collection agency accounts, suits, judgments, and repossessions are serious blemishes on your credit file and hamper your ability to obtain credit from legitimate credit grantors.

What if your credit rating suffers?

Your crisis may blow over with your credit record still as weed-free as a new spring lawn. But if damaging reports have landed in your file, you'll probably find this out when you next apply for new credit. The credit grantor may turn you down.

If this happens, ask him why. The Federal Fair Credit Reporting Act of 1971 requires him to give you a straight answer. It may turn out that his pessimism about you has nothing to do with your file at the credit bureau. Perhaps, using his own private formula, he judges that your income level is too low to make you a safe risk. In this case you are privileged to argue with him, but he isn't required to change his mind.

If his pessimism is based on a credit bureau report, the same federal law says he must tell you that fact and must give you the bureau's name and address. Next step: Call on the bureau. It is required by law to tell you the "nature and substance" of what is in your file, including the sources of damaging information. If you make your call within 30 days of being denied credit because of a bureau report (or if a collection agency allied with the bureau has sent you a dunning notice within the past 30 days), the bureau must provide this service free. Otherwise there might be a charge, usually under five dollars.

Study your file with care. I particular, watch for three kind of damaging items:

Outright errors. A creditor ma have wrongly reported you de linquent because of a compute goof, for instance. The bureau after checking to make sure you version of the story is correc must delete the error from you file. Moreover, the bureau mu report the error immediately t any credit grantor who has see the file containing the false data

Difference of opinion. You an a department store, for example may have had a quarrel over ho much you really owe—and un fortunately the store's versio not yours, has landed in your fil The bureau must investigate th dispute. If it can't be settled, yo are entitled to write your ow version briefly, and this statemen becomes part of your file.

Outdated items. You were tw months behind on your fuel b at the height of your crisis, b you've since paid up. If this latt fact isn't in your file, you're e titled to have it entered into th record immediately.

What if there's still a black mark

Adverse items that you can challenge will remain in your fi for a legal maximum of seve years (with a few exceptions after which the bureau must d lete them. During those seve years, don't make the serious mi take of lying to a prospecti lender about your past crisis.

Credit grantors often test pe ple this way. It's unkind, but e fective. You go to a bank for home improvement loan, le say. The loan officer asks casual if you ever had financial difficu ties or defaulted on a loan. H knows the answer already, havi requested a report from the cred bureau. He wants to see if y will tell the truth. If you don't will wonder what other financ problems you are trying to hi —and you probably won't g your loan.

It's better to be frank wi him. The fact that you once h stormy weather won't necessar count against you. The fact th you navigated your way throu it successfully may even be extra point in your favor. ■

Family Money Management Next Month:

- Up-to-date news about Medicare
- Variable life insurance: Is it for you?
- Plain facts you should know about personal bankruptcy.

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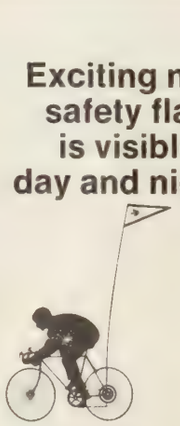
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continued from page 59

Shop a new house

24. How much insulation is in the house? With today's energy crisis, an answer of "none" probably makes the house unacceptable, in any climate. The builder should tell you the "R factor" that indicates the heat flow resistance of the insulation. The higher the number, the greater the efficiency of the insulation. You should expect R factors about like this: Ceilings, R-*13-14;* walls, R-*11;* floors over unheated space, R-*9-11*. For maximum fuel savings, you should ask for ceilings, R-*19* (or more); walls, R-*11;* and floors, R-*14*.

25. Is the house sound conditioned? If the answer is no, you'd be wise to check on the noise factors in bedrooms, bathrooms, the laundry and furnace area.

26. Does the builder furnish screens and storm windows or thermal glass? A "no" answer means you will have to buy these outright and their cost, plus special installation, can be sizable.

27. Are the windows "brand name"? If the salesman says no, you will have to take his word for their quality. Good windows usually are guaranteed by the manufacturer for a long period of time —up to ten years or so.

28. Do the doors of the house have dead bolts? If the answer is no, you will have to have them installed for security purposes. Knob locks are inferior.

29. Does the house have vents at the gable ends, under eaves, or as openings in the soffits? If you get a "no" answer, the house may be hot in the summer months since the warm air has no place to escape. There also may be no way to prevent moisture condensation during the winter.

30. Are paneled rooms backed with gypsum wallboard? If not, the paneling has not been installed properly. You can tell by tapping on the wall. If the noise is a hollow sound, the paneling probably is installed directly over the studs. You'll have a noise problem.

31. If the room is carpeted, is there a finished floor under the carpeting? A no from the salesman means that you will have to finish the floor if you decide against wall-to-wall carpeting later.

32. Is there adequate power or wiring to the spot where major appliances will be located? If the answer is no, running power in for connections can cost you an average of $25 per foot from the main power entry to the house.

33. Are the kitchen cabinets approved by the Kitchen Cabinet Institute? A "no" answer can mean the cabinets are of inferior workmanship and finish. Most quality cabinet manufacturers belong to the association. If the builder constructed the cabinets himself, you'll need to check them carefully. Make sure edges are smooth, the finish is hard and durable, and the hardware is quality material. Shelves in upper and lower cabinets should be adjustable; drawers should operate easily and stop before they can be detached from the cabinet.

34. Does the builder offer a porcelain or stainless steel sink? If the answer is no, the product may be inferior. Porcelain enamel provides both color and economy. Stainless steel that is 20-gauge offers lifetime durability.

35. Does the kitchen have single-lever faucets? If the answer is no, the faucets may not be as handy and maintenance free as single-lever types.

36. Does the range hood have a 300-cubic-foot-per-minute exhaust capacity? A "no" answer probably means that the hood is not adequate for the range. The hood also should be approved by the Underwriters' Laboratories and Home Ventilating Institute. Turn the hood on and see if it operates quietly.

37. Are there warranties on each appliance? If the salesman says no, you may be spending a lot of money repairing shoddy merchandise. Good appliances come with warranties; the salesman should tell you the proper service procedures to follow if the appliance goes bad.

38. Is the bathtub manufactured from cast iron and with a double porcelain enamel finish or is it a new fiber glass unit? A no to this question by the salesman can mean trouble later. Inexpensive tubs are light steel. To tell the difference, press on the bottom of the tub. A cheapie will tend to be resilient.

39. If the lavatory and tub are white, is the finish acid-resistant? You can't tell by looking.

40. Will the salesman let you test the flushing action of the toilet? If the answer is no, the toilet may be an inferior product. A syphon-jet flushing action is best. Here, the bowl usually is oval and elongated, and the flushing action is almost noiseless.

41. Does the bathroom have a window? If the answer is no, there should be a fan. If the room has a window, it should be equal in size to about 15 percent of the total floor area.

42. Is the mechanical equipment —furnace, water heater, water softener, air conditioner—"brand name"? Many good manufacturers guarantee mechanical equipment. If the manufacture doesn't, ask if the builder does

43. Is the heating and air conditioning system adequate? You can tell from the output tag which is attached to the furnace. Rule of thumb for a heating system is about 50 BTUs (British Thermal Units) per hour per eac square foot of living space. Coo ing is one ton of capacity fo every 750 sq. feet.

44. Does the house have a centra air conditioner? If not, find ou how easily one may be installe Many times, a builder can ad this feature at little extra co while the house is being built.

45. Does the house have *at lea* a 100 amp electrical entrance? the answer is no, the wiring substandard. The best system a three-wire, 220-240 volt, and total of at least 100 amps.

46. Are heating and applianc on separate circuits? If the a swer is no, you may have a hous power shortage. Large mechan cal equipment, such as the fu nace, air conditioner, pow tools, should all have separa circuits.

47. Are the main plumbing pip at least ½-inch inside diamete If the answer is no, the plumbi may not be adequate. A go plumbing job utilizes ¾-in pipe for main runs. The best pi is copper with cast-iron drai Plastic pipe is good, if codes pe mit. Basement and garage shou have a floor drain, and the should be more than two fauc and a drain in laundry area.

48. Can pipes and wiring placed where you want them the laundry area? If the answ is no, the laundry may not flexible enough for your nee There should be space for a si for pretreating clothes to wash vent for a dryer, and adequ wiring for side-by-side was and dryer units. Outlets sho be properly grounded; and th should be adequate lighting.

49. Is the plumbing waste syst hooked up to the city sewer s tem? If the answer is no. waste system probably is hoo to a septic tank. The tank sho be large enough to handle capacity. Does the city expec run a central sewer system the area soon? If the answer is you may have additional expe in keeping the septic system cl and operating properly.

50. Is the builder proud to selling you this house? If you you're just another in a pa of families, perhaps the bui isn't as interested as he should When you feel that he is genu ly proud of his product, cha are you're doing business wi top housing producer. ■

School days, school days, good old-fashioned fudge days.



Remember those good old school days–the corner candy store and the smell of homemade fudge? Well, now you can make your own fudge with one package of Betty Crocker® creamy frosting mix (any flavor) and one simple recipe. And since this recipe is so easy, why not be a little creative and add your favorite nuts? Delicious easy-mix homemade fudge is the perfect treat for lunch boxes, after school snacks, or late night studying.

And Betty Crocker frosting mix makes great frosting, too. We think you'll agree that it's a mix that doesn't taste like a mix.

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Easy candy from Betty Crocker frosting mix.

Betty Crocker

2 tablespoons of butter or margarine
¼ cup milk (plus 2 teaspoons if making with chocolate fudge frosting mix)
1 package Betty Crocker® creamy frosting mix (chocolate fudge, butter pecan, creamy white* or any of the other delicious flavors**)

Heat butter in milk over low heat until butter melts and mixture *just* begins to simmer. Remove from heat, stir in frosting mix (dry). Heat over low heat, stirring constantly with rubber scraper, until smooth and glossy, 1 to 2 minutes. *Do not overcook.* Makes 1 pound.

OLD-FASHIONED FUDGE – Stir in ½ cup toasted slivered almonds, chopped walnuts or chopped pecans if desired. Pour into aluminum foil-lined loaf pan, 9x5x3 inches. Chill until firm.

WAFERS – Drop by teaspoonfuls onto waxed paper. If necessary, reheat mixture slightly. Let stand until firm.

CLUSTERS – Stir in 1½ cups salted peanuts or other nuts. Drop by teaspoonfuls onto waxed paper. Let stand until firm.

*Tint and flavor if desired.
**If using golden caramel frosting mix, reduce milk to 3 tablespoons.

It makes great frosting, too!

By Richard W. Jones and
Pamela Wilson Cullison

Designer: Ginger Crowell, N.S.I.D. Associate. Source: Barbara Cathcart Photograph: Fred Lyon. Architect: Fisher-Friedman Associates A.I.



New is old and old is new

Doing the unexpected can add excitement to life, and that holds true for the way you decorate your home. Anyone can carefully match contemporary furnishings to a contemporary room—but it takes a free spirit to eschew the safe and the obvious, and use mellow antiques instead. Or, to jolt a period room into life with decidedly this-minute tables and chairs. This time-spanning kind of decorating is not only effective and fun, it suits our nomadic life-style. We're a nation of movers, and it's not always possible to find a house that "fits" the furniture we already have. So why try? On these pages, you'll see what great results you can get when you forget what fits and concentrate on what pleases you. After all, good design is ageless—so feel free!

Designer: Ginger Crowell, N.S.I.D. Associate. Source: Barbara Cathcart



There's a feeling of freedom and spaciousness in a boldly contemporary house like this one. Ceilings soar, light pours in from all directions, and rooms wander from one to the next to create a continuous visual experience. Imagine the Hepplewhite table and chairs shown in the dining room (opposite) if they were in a traditional house . . . with boxlike rooms and precise moldings and paneling. The furniture—instead of being vitalized by the shock effect of old against new—would probably blend right into the background.

At left is another view of the same house—this time the entry loft that juts over the living room. The sharp, clean lines of the architecture make an exciting and unexpected backdrop for the French provincial chairs and Victorian oak table (used as a game table), the Early American oak chest, and the rich-looking Oriental rug. The mellow wood tones, the graceful greenery, and the curving lines of the furniture all have a softening effect on the sharp angularity of the walls and ceiling.

New is old and old is new





Photographs: Harry Hartman Architect: E. Eean McNaughton, A.I.A. Source: Bonnie Crone

The first thing you'll probably wonder about when you look at the photograph above is the pipe that shoots across the room. If you guessed that it's a heating/air conditioning duct, you're right. And if you think it was put there on purpose to be part of the scene, you're right again. Many contemporary architects believe in exposing the functional elements that normally are discreetly hidden in traditional homes. In fact, some people even treat these conversation-piece pipes as works of art.

But the point-of-interest pipe isn't all that's surprising in this house. A studio loft yields a dramatic view of the colorful dining area and the living area beyond. A circular table, skirted in warm red and surrounded by a friendly grouping of old ladder-back chairs, creates an oasis of intimacy and warms up the unadorned architecture.

Buying information, page 151



At left and above are two more views of the living area in this highly contemporary house. Although the room is actually quite small, it looks spacious because of the stark white background and the open floor plan. Just because a house lacks structural partitions to separate one room from another doesn't mean you can't carve out well-defined living areas. Here the sofa (a Sheraton reproduction) serves as a wall—and oriental rugs strategically placed about the room act as colorful guides for traffic. Since the room lacks an architectural focal point, a beautiful six-panel Chinese screen commands the same kind of attention a fireplace would. Almost every piece of furniture in this room is antique, and the austerity of the background shows it all off to best advantage. Again, red has been used to warm up the white walls.

New is old and old is new

On the other hand—what happens when you put contemporary furniture in a traditional setting? Plenty of beautiful excitement, that's what. See for yourself . . .

To catapult a period-looking room (right) into the present, the walls were sunnied up with yellow paint, and the traditional furniture was supplanted by glass, chrome, and plastic pieces. The lovely raised paneling on the wainscot stands out in splendor against the modern furniture. (When the room was traditionally furnished, everything just seemed to fade into the woodwork.) A garden atmosphere is provided by plants and lush foliage peeking through the windows.



Photograph: Harry Hartman. Source: Bonnie Crone



Designer: Carey Bond. Source: Bonnie Crone

In this stately old town house the contrast of old and new is extreme, but disparity is brought into harmony by the excellent use of scale, color, and balance. The imposing background is a perfect foil for the fluid lines of two jersey-covered contour chairs.

There's a European air about the room—probably because the artist's easel and the painting propped on it suggest a studio tucked away somewhere in Paris. The painting also serves to distract the eye from the large window behind it. Beautiful as the window is, its imposing size could easily dominate the room if something else didn't catch your attention. Needless to say, rooms like this don't come by the dozen, but if you have an older home with interesting or imposing architecture, a similar look could easily be achieved.

Sometimes older homes with their high ceilings and regimented four-wall rooms can use a shot of the unexpected. Painting an uninhibited graphic on the wall gave this dining room a big boost of something new. Also lighting the once-formal atmosphere is a glass-top table supported by two illuminated plastic pedestals. The lofty, beautifully detailed ceiling is still imposing, but the candle-laden chandelier pulls it closer to what's going on below. That buffet shelf on the far wall is simply a piece of glass supported by two wooden brackets. The feathery bouquet on top adds another fluid touch.

Although this room isn't as pointedly "period" as the others on this page, it too provides a definite fillip to the contemporary furnishings. Mostly, it's the textured brick wall and the three French doors that create the bracing contrast. Placed on either side of the kinetic neon-lit coffee table is a Barcelona chair. Despite its thoroughly modern look, it was designed in 1929 by the far-sighted Mies van der Rohe. On the wall above the stereo console is a triptych (three-panel) painting of the Kentucky Derby. Its gala colors bring added excitement to the setting.

Architect/designer: Frederick R. Suchke, A.I.A. Source: Bonnie Crone





Photograph: Harry Hartman. Source: Bonnie Crone

Fall
planting guide

Perennials for long run color

If you are itching to get started with fall planting, this two-part series is for you. In this issue, you'll learn about perennials. Next month, watch for spring bulbs. Perennials have lots of good qualities. They're easy to grow, long-lasting, beautiful in bloom and as cut flowers. Although fall planting is best for all the perennials featured here, you can plant some of these and many others in spring. Whether you plant perennials in beds, borders, or as specimens, it's important to place them where light, moisture, and space are right. See page **143** for growing tips.



The name coral-bells *(Heuchera sanguinea)* is a bit outdated for this perennial, because now its colors range from coral to fiery red. (It's also called alum-root.) You can use it in front of a flower border, along a path, or in a rock garden. Space plants a foot apart, with full sun or light shade, in moist, well-drained soil. Divide clumps about every five years, when they become crowded.

By Hamilton Mason and Don Armstrong





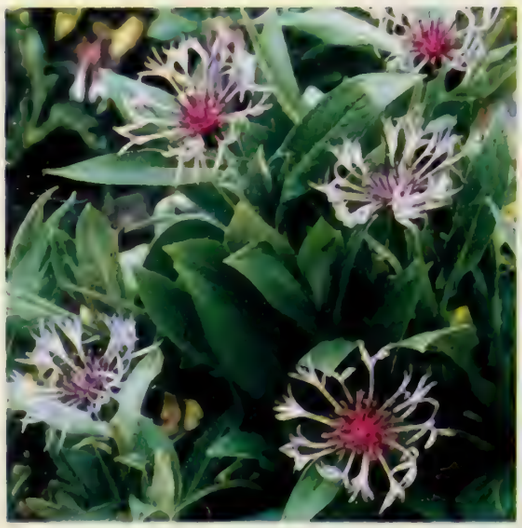
Top left: Spuria iris is one of many species in the iris family. This beardless hybrid (Dawn Candle) features showy flowers, great for cutting. Plant in rich, moist soil. Once a clump is established (two or three years) you'll be rewarded with quantities of blooms. Because these iris establish solid rhizome clumps, don't dig up and divide them like other iris. Several other colors are available.

Top right: Probably the most popular perennial through the years has been the peony. This one is called Mercy. Once planted, peonies are almost a permanent fixture. They usually grow from two to three feet high, and do best in full sun or partial shade. Plant in fall only, and avoid deep planting. Peonies thrive in cold climates.



Gas-plant is the common name for *dictamnus,* which is available in purple, pink, and white. This perennial actually does give off small amounts of fumes from cut roots or leaves which will sometimes give an entertaining "pop" if ignited. Grow it in full sun or light shade, in well-drained soil. It grows best if left undisturbed, and a mature plant will flourish indefinitely.

Perennials





Top left: Perennial cornflower *(Centaurea montana)* is a dependable, adaptable perennial. Other common names for this plant are mountain bluet and perennial bachelor's-button. You may need to divide and cut back stems to prevent this species from taking over. If you do cut it back after it blooms in midsummer, you should get fall bloom from new shoots. Divide clumps every two or three years.

Top right: Candytuft *(Iberis sempervirens)* is a great perennial for edging or in rock gardens. Its low-growing foliage of dark green spiky leaves is enlivened from early spring with clusters of white bloom. Compact varieties of this perennial will grow to a height of six to 12 inches, and spread up to three feet. Annual candytuffs are also available.





Left: Japanese primrose *(Primula japonica)* is excellent for naturalizing (informal planting) alongside a woodland path, and it also does well in borders with partial shade and good moisture. Plants are usually one or two feet high, and come in crimson, pink, magenta, and white. Plant in early fall or spring.

There are many strains of delphiniums, but the hybrid Connecticut Yankee, shown here, is one of the best. This type grows about two and a half feet tall; taller types need staking. Most delphiniums are spectacular in the garden, and make fine cut flowers. They bloom in early summer, and will bloom again if you remove flowers as they fade. Plant in full sun and well-drained soil.



Bottom left: Speedwell (veronica) species are fine, long-blooming plants that grow 12 to 18 inches tall and bear colorful six- to eight-inch spikes of tiny flowers. Remove seed pods to extend flowering time. Veronicas need full sun and well-drained soil. Divide clumps in spring or fall after every three or four years of flowering, and set new plants 12 to 15 inches apart.





Top right: Astilbe adds a delicate touch of color to the summer garden. Also called false spirea, this perennial needs filtered shade and a lot of moisture around its roots. The feathery blooms come in shades of pink and also white. The plants hold peak bloom from mid-May through June. If you have one as a houseplant, you can usually set it in the garden. Divide every three years.

Center: Butterfly weed *(Asclepias tuberosa)* isn't really a weed. It's so-called because it's a native plant, and can be grown in flowering hedges or as specimens without becoming weedy. It requires full sun and well-drained, slightly sandy soil for best results. A single plant will send up several flower stalks. Sprouts don't appear until late spring, so mark locations when you plant in fall.

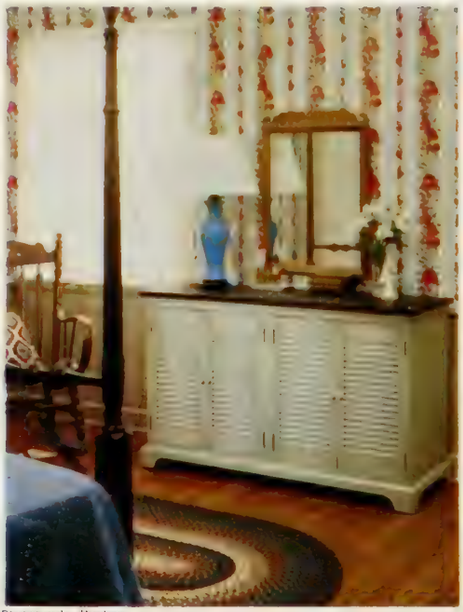


Sundrops (oenothera) are sometimes called evening primrose—but there's a difference. Sundrops bloom during the day and close at dark. Space plants 12 to 15 inches apart in full sun and well-drained soil; without good drainage, winterkill may be a problem. If allowed to develop into a large clump, sundrops can make a colorful display but may invade other plantings.

DOUBLE-USE SEWING CENTERS

By David Ashe and Beverly Garrett

Since the typical sewing center just sits there between sewing jobs, it often gets low priority on the list of family needs. But these ingenious units are different. They earn their floor space twice over by doing two jobs, or more. You can pick a traditional or contemporary unit, then count on it to work overtime in your bedroom, family room, or utility area. All four units are easy to build.



Photograph: Hopkins

Classic bedroom chest

Traditional chest or complete sewing center? This ingenious cabinet plays both roles. Teamed with a lamp and mirror, the storage case makes a useful grouping that takes just four feet of wall space in this bedroom. The unit's antiqued white base and slatelike plastic-laminated top blend compatibly with the rest of the room; stock shutters on the front of cabinet add to the traditional look.

Sewing facilities come into view when you roll the unit away from the wall. A hinged counter extension lifts up and collapsible brackets snap into place. The sewing machine has its own storage niche.

Better Homes and Gardens Project Plan No. 4309-1. To order, see page 142.





Low-cost utility unit

A pair of heavy-duty laundry appliances will give a basement utility corner a good start on efficiency. But for real convenience, you need a place to fold, sort clothes, and store laundry needs.

This compact cabinet offers a handy work top for clothes-care jobs and laundry storage, and takes care of all the sewing equipment, too. The roomy 2½x4-foot counter juts 12 inches beyond the storage base, providing space for stretching out patterns and fabrics, and extra sit-down comfort for the sewer. Made of ¾-inch plywood, the unit features three deep drawers and a roll-out bin designed for the sewing machine. Open shelf at top of cabinet is perfect for sewing box, baskets of small-size notions.

Better Homes and Gardens Project Plan No. 4309-2. To order, see page 142.



DOUBLE-USE
SEWING CENTERS







High-style cabinet
As versatile as the family room it serves, this contemporary cabinet works several ways. It's a well-equipped sewing area, a craft-and-hobby center, game table for the kids, and planning headquarters.

The action starts when the separate base unit moves out of the framework; hidden casters provide easy mobility. The roll-around cabinet furnishes support for the drop-down work top that doubles as a door on the right side of cabinet. The two-section work top is fitted with piano hinges so it unfolds smoothly. A sturdy barrel bolt keeps folded doors closed when they're in upright position. Shelves on left side corral games and craft supplies.

Better Homes and Gardens Project Plan No. 4309-3. **To order, see page 142.**





Multipurpose island

The 24x48-inch island in this full-service utility room can be transformed in a jiffy into an efficient sewing center. The trick to the turnabout is a top that pivots 90 degrees, then unfolds to make a firm working surface for cutting, sewing. In its unfolded position, the top extends beyond the base unit to give ample knee room. Sewing machine and carrying case store in the deep compartment at the end of the cabinet, while patterns and fabrics fit on roomy shelves behind the sliding doors at the front of unit.

When not in use for sewing projects or mending, the cabinet serves as a versatile work top in this deluxe laundry and plant-potting headquarters.

Better Homes and Gardens Project Plan No. 4309-4. To order, see page 142.

Buying information, page 151

Down-home Cooking

Photographs: Helms



By Doris Eby and Nancy Byal

Left: Miss Sadie Lee relaxes beside a montage of down-home foods: (clockwise from back) nut-topped Carrot Cake, coleslaw, Salt-rising Bread, baked country ham, muscadine juice, Deep-dish Coconut Pie, Pepper Relish, Hush Puppies, Molasses Custard Pie, Buttermilk Pound Cake, and sausage.

Right: From her elegantly accoutered dining table, Miss Sadie Lee serves coleslaw dressed with homemade mayonnaise.

Miss Sadie Lee's salt-rising bread, turnip greens with cornmeal dumplings, carrot cake, hush puppies, and other delectables



Far left: Salt-rising Bread has a magnificent aroma as it comes hot from the oven.



Left: Miss Sadie Lee hand shapes extra-large Hush Puppies before rolling them in cornmeal.

Anyone who thinks southern cooking is synonymous with fried chicken hasn't experienced down-home cooking. It's what a Southerner gets hungry for when he's far away from home—and it's as richly diversified as those kitchens where it originates. Because down-home cooking is just as personal as a thumbprint, we could only tell this story with real people. The six ladies we chose are all excellent cooks and interesting people. The past is important to the South, so each of these cooks keeps alive old culinary techniques and recipes. And because each cook is one of a kind, she gives typical southern foods a special twist.

Mrs. Sadie Lee Wells, a born and bred Mississippian, teaches Shakespeare and western world literature at Blue Mountain College, and in many people's eyes, she rates a degree in creative southern cooking as well. Mrs. Wells had plenty of opportunity to develop her cooking skills as the only daughter in a family of nine children. Now she cooks so energetically and ceaselessly that her kitchen hums with activity.

Like many inventive cooks, Miss Sadie Lee uses "recipe books" for inspiration and always modifies them. Her basic cooking premise is "success is the mother of invention." She makes her own starter for **Salt-rising Bread** *and always bakes it in one big loaf instead of several little ones. "Once I was in a hurry and didn't have enough loaf pans, so I just used a dishpan." Sadie Lee-style* **Turnip Greens** *are slow-cooked with salt pork and cut-up turnips. Shortly before serving, she drops her special* **Cornmeal Dumplings** *atop the simmering turnip greens.*

Miss Sadie Lee loves to bake, and when company's coming, she usually starts a day or two ahead. She admits she gets carried away by her work: "When I start to make a pie, sometimes I end up making six!" One of her outstanding pie recipes is sorghum-filled **Molasses Custard Pie,** *a hand-me-down from her mother. "Years ago," she explains, "we had all the molasses you could ever want, but no sugar." She's fond of sweets, and* **Buttermilk Pound Cake** *and* **Carrot Cake** *are two of her favorite desserts. More carrot than usual makes the* **Carrot Cake** *extra moist.*

Thrifty by nature, Miss Sadie Lee puts to good use the parts of food that many people discard. She grates fresh coconut for **Deep-dish Coconut Pie,** *then uses the coconut peel to prepare* **Candied Coconut Chips.** *Ground peppers are the basis for* **Pepper Relish;** *the drained pepper juice becomes* **Pepper Jelly.** *Sausage and bacon drippings are saved to fry Miss Sadie Lee's* **Hush Puppies.** *And she presses muscadine grapes to make juice, then prepares a pie from the hulls.*

Recipes begin on page 116.





Shug Geter's light bread, lemon cake with lemon pudding sauce, and other bakings

You may not hear a word out of Unice "Shug" Geter of Newnan, Georgia, while she's cooking, but don't let her reserve deceive you. It's only a sign of her intense interest in a favorite pastime. Shug (the nickname has been with her since childhood) has been cooking since she was nine years old. Today, Shug's solution for getting away from it all is just to spend some peaceful, quiet hours working in the kitchen.

Shug can assemble an elaborate multi-course meal with extreme ease and does so quite frequently. But her main interest is baking. The irresistible scent of freshly baked bread wafts through the whole house. "I bake all my own bread," Shug says. "I make it pretty regularly—in big batches, so there's enough extra to freeze." Over the years, Shug has accumulated an astounding repertoire of bread recipes. Many of them she combines by using her uncanny feel for food rather than following a written recipe. She has devised as many as nine shapes and sizes of **Light Bread**, *more than likely named for the light and oh-so-tender texture. (Our recipe features her standard loaf, pan rolls, and a braid.)* **Dill Cottage Cheese Bread** *hints of the tangy cheese; the dillseed is packed inside and sprinkled over the top as well. Then there's golden* **Cheese Bread** *that gets its rich flavor and color from shredded cheese that melts as the bread bakes. While the bread is raising, Shug often slips* **Lemon Cake with Lemon Pudding Sauce**, *a favorite dessert in her Georgia household, into the oven. She thickens the lemon sauce ingeniously by mixing a little of the reserved cake batter into a mixture of water, sugar, butter, and flavorings.*

Although Shug devotes many hours to baking, she also finds time to put foods up for future use. She freezes home-butchered beef and pork, and cans, preserves, and freezes many fruits and vegetables.

Recipes begin on page 116.





Above: The Georgia kitchen table is laden with some of Shug's finest recipes: Cheese Bread, Lemon Cake with Lemon Pudding Sauce, Light Bread in three versions, and Dill Cottage Cheese Bread.

Upper left: Shug mixes Lemon Cake with Lemon Pudding Sauce by hand. The dessert gets its flavor from extract.

Lower left: Shug uses an old-fashioned dough bowl to mix and knead her breads. Here she shapes Light Bread in loaf pans.

Photographs: Helms; Maselli



Annie's chicken and biscuit dumplings, corn bread stuffing, and molasses cake

Although she's perfected her own adept, direct style of cooking, Annie Simpson of Herd, Kentucky, learned most of the basics by watching and following her mother step by step. Now cooking comes so naturally to Annie that she says, "I never cook by a recipe." Nor does she need one, for Annie has an instinct for assembling and flavoring foods. She also possesses perpetual energy, a trait she developed from farming. She admits that farming is hard work but also adds, "I really enjoy it—every minute of it! I tend a good garden every year, and also freeze, can, and dry." (Annie dries such things as beans and sliced apples.) In addition, Annie also finds time to hand-sew quilted bedspreads and make patch skirts, aprons, and ties. She often has not just one, but five or six different quilts in varying stages of assembly. (Sewing the squares of fabric into a pattern requires over 90 hours of work, not to mention the padding and quilting steps!)

Annie's many talents are proof that she's not "used to working slow." She can whip up the complete started-from-scratch meal almost before you can whistle Dixie. Annie shortcuts the dumpling preparation of **Chicken and Biscuit Dumplings** *in true southern fashion by using self-rising flour, a mixture of flour, leavening, and salt all in one. In fact, she uses self-rising flour and cornmeal for all her baked goods. A pre-baked square of corn bread is the basis for her* **Corn Bread Stuffing** *that she traditionally serves with baked raccoon.* **Molasses Cake**, *one of Annie's favorites, is made with homemade sorghum and home-canned applesauce.*

Annie's assortment of home-preserved foods includes many locally favored items. She preserves tart, juicy ground cherries, dries or pickles a regional green bean called "fall" beans into **Dilled Pickled Beans**, *and cans "hickory cane" corn.*

Recipes begin on page 116.





Above: You'll delight in the robust flavor of Annie Simpson's home-style foods—Chicken and Biscuit Dumplings, Corn Bread Stuffing, Molasses Cake, and Dilled Pickled Beans.

Upper left: To save time, Annie adds extra water to the chicken, then pours some broth into the Corn Bread Stuffing.

Lower left: Annie rolls Biscuit Dumplings ½ inch thick, then cuts them in squares and puts them atop the bubbling broth.

Photographs: Helms



Upper left: Cracking boiled crabs is an enjoyable pastime for Aunt Mena and Gladys as they work on their porch that overlooks Pawley's Island.





Far left: Mena dots the sweetened Baked Carrots and Apples generously with butter before baking.

Left: After filling clean shells with Deviled Crab, she covers the tops with bread crumbs.





Lower left: For Angel Pie, Mena folds egg whites into graham cracker crumbs and nuts, then transfers it all to a pie plate.

Right: Aunt Mena proudly displays Deviled Crab, Poppy Seed Dressing, Baked Carrots and Apples, and Angel Pie.

Aunt Mena's deviled crab, baked carrots and apples, Carolina chicken pie, angel pie, and more

Once you've seen her at work in the kitchen, you know that Mena Hope has devoted much of her life to collecting and perfecting recipes. For many years, Aunt Mena, as family and friends call her, and her longtime friend Gladys Hiatt were business associates in a restaurant. (Needless to say, the restaurant was a popular island attraction!) Both widows have now retired to their cozy home they call "The Crab," a bungalow tucked in between picturesque moss-covered woods and the Pawley's Island marsh on the South Carolina coast.

As Mena quickly and effortlessly assembles her recipes, she enjoys chatting about them. "So many friends have given me recipes," she says, referring to a handwritten collection of favorites. "I started my recipe book in 1954. The restaurant cooks were wonderful cooks, but I wanted them to learn my way." (The book bears telltale markings of long kitchen use.)

You can cook Aunt Mena's way, too, as she shares some of her favorite recipes and cooking tips. Since there is an abundance of seafood available along the Carolina coast, she makes frequent use of crab and oysters. For her **Deviled Crab**, *Mena adds a little mayonnaise, worcestershire sauce, onion, and hot pepper sauce to accent, but not mask, the delicate crab flavor. She suggests you pile the filling into crab shells that have been boiled and scraped clean, but coquilles or individual baking dishes work equally well. The* **Carolina Chicken Pie** *recipe comes via her mother who always added chopped hard-cooked egg to enrich the chicken and homemade gravy. For the vegetable accompaniment, there's* **Baked Carrots and Apples**. *Be sure to sprinkle generously with paprika, Mena advises, for lots of color.*

Mena takes great pride in serving food that looks just as good as it tastes. She pours **Poppy Seed Dressing**, *a recipe from Gladys's sister, over avocado slices and grapefruit sections that are attractively arranged on lettuce leaves. For the dessert course, Mena often starts with a southern favorite, pecans.* **Pecan Pie** *lovers say Mena's version is unbeatable. To prepare the filling for baking, she boils together corn syrup, sugar, and butter, beats this mixture into eggs, then pours it all into a pastry shell filled with the nuts. If you prefer a lighter dessert, try* **Angel Pie**, *a recipe Mena says she's "had forever." Atop the graham cracker-pecan meringue, there's a mound of cream and a cherry.*

Recipes begin on page116.



Essie Abernathy's Brunswick stew a la Georgia, cherry bounce, herbed pecans, etc.



A dedicated hobbyist knows her subject backward and forward. Such is the case with herb enthusiast Estelle Abernathy of Newport News, Virginia, who confides, "I know herbs like I know my friends. Each one has its own personality." Estelle, a retired nature study teacher, has spent 40 years learning about herbs. She grows herbs, researches them, cooks with them, and lectures about them. A fragrant pine-paneled room she calls her "herb kitchen" is crammed full of herbs and spices that are growing in clay pots, being stored in apothecary jars and antique boxes, and hanging from the ceiling in fragrant dried bunches.

Essie's fondness for herbs is closely allied to her love of cooking, an interest she has enjoyed since childhood. "My family says I put herbs in everything except coffee and fudge."

Unlike the Virginia version which usually features chicken, Essie's **Brunswick Stew a la Georgia** *contains beef, pork, and lamb seasoned with basil, thyme, and bay. It's a carry-over from her Georgia upbringing. With the stew, she usually serves a traditional Virginia bread,* **Sally Lunn**, *and for dessert, sour cream-topped* **Pears in Wine.** *Also from the Deep South is Essie's filé-thickened* **Turkey Gumbo** *that includes freshly shucked oysters. She rounds out this hearty soup with crusty French bread and a fresh fruit salad.*

Essie believes in making the most of the summer fruit and vegetable bounty. A kaleidoscope of canned goods lines stair-step shelves. She picks wild fruits to make **Cherry Bounce** *and* **Plum Cordial.** *They're great to sip while you nibble on* **Herbed Pecans.**

Recipes begin on page 116.



Above: Essie Abernathy's herb kitchen is a cozy setting for Brunswick Stew a la Georgia, Sally Lunn, and Pears in Wine.



Upper left: Both Plum Cordial and Cherry Bounce improve in flavor the longer they age. Herbed Pecans taste so good they're almost addictive.

Lower left: A rainbow of canned goods decorates the window. (Left to right) green pepper relish, basil Heavenly Herb Jelly, Sweet Pickle Slices, Garlic Okra Pickles, Brandied Peaches, rosemary Heavenly Herb Jelly, red pepper relish, sherried peppers, Sweet Pickled Cabbage.

Photographs: Helms



Mary Frances McKeel's southern fried chicken, sweet potato casserole, and orange date cake

Mrs. Mary Frances McKeel is a woman who enjoys getting involved with life. She raised a family in Milbrook, Alabama, practiced nursing for 25 years, participated actively in church groups, and organized political activities. And she even returned to college to complete her degree. Mary Frances approaches cooking with the same ambition and zeal, and she has received statewide recognition for her cooking talent. But believe it or not, she had never cooked till she married. Even Mary Frances admits, "I turned out to be a pretty good cook."

What's her secret? She takes popular recipes and gives them a simple yet unique twist. **Macaroni-cheese Casserole**, *for example, gets a double helping of cheese—the usual cheddar plus cheese cracker crumbs. Mary Frances suggests that you use blue cheese crackers if they're available in your area.*

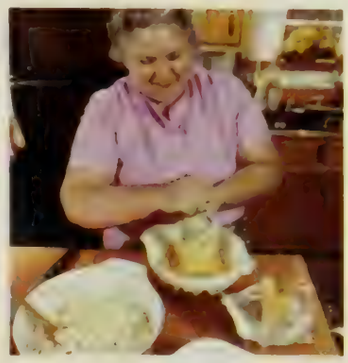
Every southern cook worth her salt has a fried chicken recipe, and again Mary Frances comes up with a special trick. For her **Southern Fried Chicken**, *she dips the chicken breasts first in flour, then in buttermilk, and again in flour. The result is crispy, tangy, and delicious. Mary Frances cooks and serves* **Baked Red Snapper**, *a popular fish in the South, in a sauce that is seasoned predominantly with vegetable juice cocktail. Coconut and pecans give texture and flavor support to marshmallow-and-orange-studded* **Sweet Potato Casserole**. *But it's the dessert that brings the biggest response from her family.* **Orange Date Cake**, *laden with nuts and dates, gets an orange juice glaze while the cake is still hot. Just before serving, this pound cake-like dessert is topped with whipped cream and orange peel.*

Recipes begin on page 116.



Above: With a wink and a smile, Mary Frances shows off her creations: (front to back) Sweet Potato Casserole, Southern Fried Chicken, Macaroni-cheese Casserole, Orange Date Cake, and Baked Red Snapper.

Upper left: For Baked Red Snapper, she fillets the fish herself with a sharp knife.



Lower left: Mary Frances uses a handy gadget to shred cheese for Macaroni-cheese Casserole.

Buying information, page 151



1



2

Photographs: Beege, Burda Moden



3



4



5



6

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5. Dress with vest plus jumper adds up to versatility. *01251*

6. Comfortable yoked dress with tucks and tabs is topped by a round collar. *01254*

For back views, see page 121.

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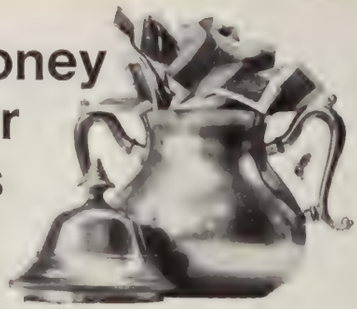
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Cheesecakes—Freeze-ahead Casseroles

What cheesecake recipe gets a top rating from your family? A what secret ingredients go into your best time-saving freeze-ahe casserole? Send your recipe today for either or both categories a you could be a prizewinner next April. Two Cooks-of-the-Mo receive $50 each. Four Runners-up receive $25 each and Honor Roll winners get $10 each. The selected winning reci will be pictured on the Prize Tested Recipes pages next April. 18 winners receive a framed Better Homes and Gardens Cer cate of Endorsement and six copies of the endorsed recipe.

Hints To Help You

Cheesecake can start from scratch or a packaged mix. Do you use cream or cottage cheese with a puff or standard pastry? Perhaps you add nuts and/or fruit juice and peel. Do you top this creamy dessert with a liqueur or fruit glaze? Hints:

mocha cheesecake supreme
jiffy graham cracker cheesecake
orange-rum cheesecake
chilled pecan cheesecake
marshmallow-layered cheesecake

Freeze-ahead casseroles can sp light meat, poultry, fish, cheese. Then add your favo vegetables and sauce. Pastas canned soups are economical ditions. Beans can make a hea dinner-in-a-dish, too, with without meat. Pointers:

Swiss beef and noodle bake
herbed chicken rolls
cheddar crab pie
sausage squash special
shrimp in broccoli sauce

THIS MONTH'S WINNERS

(See recipes on pages 113 and 114.)

Cooks-of-the-Month

Mrs. Ken McClarnon, Sun Prairie, Wis.
Mr. Emmett E. Yates, Memphis, Tenn.

Runners-up

Mrs. C. G. Cartwright, Chicago, Ill.
Nelli Chappell, Coeur d'Alene, Idaho
Mrs. Marjorie Lindsay, Bonaparte, Iowa
Mrs. C. L. Thompson, Arlington Heights, Ill.

Honor Roll

Mrs. Paul A. Babcock, Sterling, Conn.
Mrs. Lindy Brown, Elsinore, Calif.
Mrs. John H. Burr, Sharon Springs, N.Y.
Mrs. Robert Damm, Beloit, Wis.
Mrs. Robert B. Fetting, Nelson, Wis.
Susan L. Hellie, Hartford, Conn.
Mrs. Jerry Larson, Solon Springs, Wis.
Mrs. Mary Jane Netherton, Fairbanks, Alaska
Jane W. Paynter, New Canaan, Conn.
Mrs. Marlene Smario, Walnut Creek, Calif.
Mrs. Maurine Vaughan, Richmond, Va.
Miss Mavis Womack, Ackerman, Miss.

Contest Rules

1. **Write or type your recipe clearly on one side of the paper and m it "April Cheesecakes" or "April Freeze-ahead Casseroles." If wish, send a recipe for each of the two categories.**
2. **Print your name and address in upper right corner of paper.**
3. **Give measurements in *level* cups, tablespoons, teaspoons.**
4. **Specify brand names of the *nationally* known food products you as ingredients so we can test your recipe with the same brands**
5. **Include 50 to 100 words about the origin of the recipe you sub**
6. **Recipes submitted become property of Meredith Corporation.**
7. **Entries must be postmarked by midnight, September 30. In ca where duplicate recipes are submitted, the one with the earli postmark will be judged. All judges' decisions will be final.**
8. **We reserve the right to adjust and edit winning recipes.**
9. **Address the recipes you enter to 7309 Test Kitchen, Better Hon and Gardens. Des Moines, Iowa 50336.**

Banana Mallow Pie

2 cups shredded coconut
⅓ cup Parkay Margarine, melted

* * *

1 3¼-oz. pkg. vanilla pudding and pie filling mix
½ cup heavy cream, whipped
1½ cups Kraft Miniature Marshmallows or 15 Jet-Puffed Marshmallows
2 bananas, sliced

Combine coconut and margarine in skillet. Cook over low heat, stirring frequently, until coconut is toasted and golden brown. Press into 9-inch pie plate to form crust. Chill.

Prepare mix as directed for pie filling on package, except using 1¾ cups milk. Cover with waxed paper; chill. Fold in whipped cream and marshmallows. (Quarter Jet-Puffed Marshmallows directly into pudding using scissors dipped in water.) Slice bananas into crust. Pour filling over bananas. Chill several hours.

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Buying information, page 151

FILE UNDER COOKIES

DROP COOKIES

Delectable Date Drops

First prize goes to this frosted cookie with a double-date treat—

1 cup finely chopped pitted dates
½ cup water
1 egg
½ cup brown sugar
½ cup butter or margarine
¼ cup milk
1½ cups all-purpose flour
½ teaspoon salt
½ teaspoon baking powder
¼ teaspoon baking soda
½ cup chopped nuts

Combine dates and water; bring to boiling. Simmer 5 minutes; cool. Set aside 2 tablespoons date mixture for frosting. Beat in egg, sugar, butter or margarine, and milk. Stir together flour, salt, baking powder, and soda. Add to egg mixture. Stir in nuts. Drop from teaspoon onto ungreased cookie sheet. Bake in 375° oven for 10 to 12 minutes. Cool. Frost with *Date Frosting:* Beat together 3 tablespoons softened butter, 1½ cups sifted powdered sugar, ½ teaspoon vanilla, and reserved dates. Add enough milk to make spreadable. Makes 3 dozen.

Mrs. Ken McClarnon, Sun Prairie, Wis.



Photographs: Dieter

FILE UNDER MEAT

POT ROASTS

Dillicious Pot Roast

Dill pickle, bacon, and lemon-pepper marinade make this a first place winner in the pot roast category—

4 slices bacon
1 teaspoon lemon-pepper marinade
3- to 4-pound beef pot roast
1 can condensed golden mushroom soup
½ cup chopped dill pickle
2 teaspoons worcestershire sauce

In Dutch oven, cook bacon till crisp. Drain off all but about 2 tablespoons bacon drippings from Dutch oven; crumble bacon and set aside. Sprinkle both sides of the beef pot roast with lemon-pepper marinade. Brown meat in reserved bacon drippings. Combine mushroom soup, dill pickle, and worcestershire sauce; pour over browned meat. Cover and simmer about 2½ hours or till meat is tender. Remove roast to a warm serving platter. Sprinkle meat with crumbled bacon. Skim fat from gravy. To serve, pass gravy with roast. Makes 6 to 8 servings.

Emmett E. Yates, Memphis, Tenn.

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Easy Pot Roast Dinner

1 envelope instant meat marinade
⅔ cup vegetable juice cocktail
3- to 4-pound beef pot roast
2 15- or 16-ounce cans whole white potatoes, drained
1 16-ounce can cut green beans, drained
1 3-ounce can sliced mushrooms, drained
2 tablespoons all-purpose flour
½ cup water

In Dutch oven, combine meat marinade and vegetable juice. Add pot roast. Marinate 15 minutes, piercing meat with fork and turning several times. Cover and simmer till nearly tender, about 2¼ hours. Add vegetables; simmer 15 minutes more. Remove roast and vegetables to warm platter. Skim fat from pan juices. Combine flour and water. Add to juice in pan; cook and stir till thickened and bubbly. Spoon some gravy over roast; pass remaining. Makes 6 to 8 servings.

Marjorie Lindsay, Bonaparte, Iowa



Pot Roast a la Chili Beans

3- to 4-pound beef chuck roast
1 teaspoon salt
¼ teaspoon pepper
2 tablespoons shortening
2 tablespoons brown sugar
1½ teaspoons dry mustard
1 teaspoon paprika
½ teaspoon chili powder
1 15½-ounce can chili-style beans in chili gravy
¾ cup chopped onions
1 tablespoon all-purpose flour

Season chuck roast with salt and pepper. In Dutch oven, brown meat on all sides in hot shortening. Combine brown sugar, mustard, paprika, and chili powder. Rub over surface of meat. Top with beans and onion. Cover and bake in 350° oven for 2 to 2½ hours or till tender. Remove roast and beans to warm serving platter. Skim off fat. Add enough water to pan drippings to make 1 cup liquid. Combine flour with 2 tablespoons water. Add to pan juice; cook till bubbly. Pass gravy. Makes 6 to 8 servings.

Mrs. C. L. Thompson, Arlington Heights, Ill.



Molasses Peanut Butter Cookies

Peanut butter makes a nutritious addition to these cookies—

½ cup shortening
½ cup sugar
½ cup light molasses
½ cup chunk-style peanut butter
1 egg
2 cups all-purpose flour
¼ teaspoon baking soda
¼ teaspoon baking powder
¼ teaspoon salt

In mixing bowl, cream together shortening and sugar; beat in molasses, peanut butter, and egg. Thoroughly stir together flour, baking soda, baking powder, and salt. Stir into peanut butter mixture. Mix well. Drop dough by rounded teaspoonfuls two inches apart onto ungreased cookie sheet. Flatten dough slightly with tines of fork. Bake in 375° oven 8 minutes or till done. Makes 4 dozen cookies.

Nelli Chappell, Coeur d'Alene, Idaho



Nutty Chocolate Candy Cookies

Store in tightly covered container—

1½ cups semisweet chocolate pieces
4 tablespoons butter or margarine
¾ cup sugar
1 egg
1½ teaspoons vanilla
½ cup all-purpose flour
½ teaspoon salt
¼ teaspoon baking powder
½ cup chopped walnuts

In small saucepan over low heat, melt 1 cup of the chocolate pieces; cool. In small mixer bowl, cream together butter or margarine and sugar; add egg and vanilla. Beat well. Blend in melted chocolate. Thoroughly stir together flour, salt, and baking powder. Add to creamed mixture, mixing well. Stir in walnuts and remaining ½ cup chocolate pieces. Drop dough from teaspoon two inches apart onto lightly greased cookie sheet. Bake in 350° oven for 8 to 10 minutes. Makes about 2½ dozen cookies.

Mrs. C. G. Cartwright, Chicago, Ill.



Your husband always eats his peas. With pearl onions, he might even notice them.

egular vegetables are fine. But your husband probably doesn't notice them. After all, ou can get tired of anything after twenty or thirty years.

That's why Birds Eye® came up with 20 interesting Combination Vegetables. Delicious vegetables combined with other good things like sauces, ushrooms, almonds, even other vegetables.

Like our Peas with Pearl Onions, for example.

Tender garden peas and tiny tasty onions all mixed ogether.

They taste better than just peas. And better han just onions.

Somebody might even mention them. And for egetables, that's saying a lot.



Birds Eye® Combinations. The first vegetables your husband might even notice.

(Above photograph is 4 times actual size.)

What about microwave oven safety?



Myra Waldo has written more cookbooks than any other person. Some of her most popular include: *The Complete Round the World Cookbook, Myra Waldo's Chinese Cookbook* and *The Complete Book of Wine Cookery.*

Cookbook author, Myra Waldo says, "I'm convinced that GE Microwave Ovens are designed to be safe. Here are the facts that convinced me.

"Very strict safety standards have been set by the United States Government. All General Electric Microwave Ovens are designed to comply with all requirements of the Federal Safety Performance Standard for Microwave Ovens, Department of Health, Education and Welfare, Rules 21CFR, Part 278.

"Of course, it helps to understand the nature of microwaves. Microwave energy has been confused with X-ray and nuclear energy. It's actually very different. Microwaves are non-ionizing radiation, like radio waves and infra-red light. We are exposed constantly to this kind of energy without harm. Microwaves are not cumulative, and they are not stored by the body.

"Lastly, after millions of hours of use of General Electric and other microwave ovens, the scientific community has never verified a case of injury.

"Just follow the instruction book that comes with all GE Microwave Ovens, and you can enjoy the great convenience of GE Microwave cooking."

If you'd like to read the experts' actual statements, GE will be happy to send you documented quotes and a booklet that will tell you all about microwave cooking in general. Just write to: General Electric, Dept. M.O., Appliance Park, Bldg. 4, Louisville, Kentucky 40225.

GENERAL ELECTRIC

begins on page 100

Down-home cooking

SADIE LEE WELLS

SALT-RISING BREAD

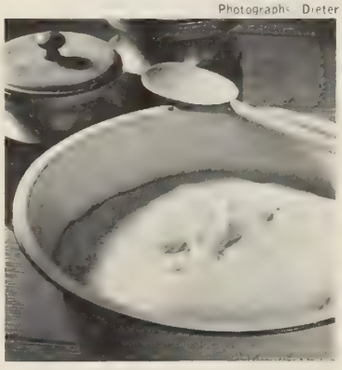
The name is deceiving. Salt is not really added till after the "rising" of the starter—

3 medium potatoes, pared and cut up
½ cup all-purpose flour
2 tablespoons sugar
2 packages active dry yeast
½ cup sugar
¼ cup cooking oil
2 teaspoons salt
8 to 8¼ cups all-purpose flour

Cook potatoes, covered, in 6 cups unsalted water till tender; drain, reserving 5 cups cooking water. Cool. (Use potatoes for another purpose.) To make starter, combine the ½ cup flour, the 2 tablespoons sugar, 1 cup of the reserved potato water, and the yeast. Cover; let stand in warm place several hours. Add the remaining 4 cups potato water and the ½ cup sugar. Cover; let stand in warm place overnight. Next day, stir starter; remove 1 cup. Add 2 tablespoons sugar to the 1 cup starter; pour into pint jar. Cover; store in refrigerator till ready to use.

To the remaining starter (4 cups), add oil, salt, and enough flour to make a moderately stiff dough. Place in large greased bowl. Let rise in warm place till double, about 1 to 1¼ hours.

Photographs: Dieter



Stir down. Place in greased 12x5½-inch dishpan. Let rise till nearly double, about 1 hour. Bake in 350° oven for 60 to 70 minutes. Or, divide dough in thirds. Place in three greased 9x5x3-inch loaf pans or three greased 1-quart casseroles. Let rise till nearly double. Bake in 375° oven for 50 to 55 minutes.

To use reserved starter, proceed as before except substitute the 1 cup reserved starter for the 1 cup potato water.

TURNIP GREENS WITH CORNMEAL DUMPLINGS

Be sure to serve the "pot likker" with this Southern classic—



4 ounces salt pork with rind
3 quarts turnip greens
1 pound turnips
2½ quarts boiling water (10 cups)
1 teaspoon salt
1½ cups white cornmeal
½ cup all-purpose flour
1 teaspoon baking powder
1 teaspoon sugar
½ teaspoon salt
3 tablespoons butter or margarine, melted
1 beaten egg

Dice salt pork, cutting to but not through the pork rind. Wash and trim greens; pare and quarter turnips. In large kettle, bring 2½ quarts water to boiling. Add salt pork, greens, turnips, and the 1 teaspoon salt. Simmer, covered, 2 hours. Remove 1 cup pot liquor from kettle. Thoroughly stir together cornmeal, flour, baking powder, sugar, and the ½ teaspoon salt; stir in butter or margarine and the 1 cup pot liquor. Stir in egg. Spoon one rounded tablespoon at a time onto simmering greens. Cover and simmer 30 minutes. Makes 6 servings.

MOLASSES CUSTARD PIE



3 slightly beaten eggs
¾ cup sorghum or light molasses
½ cup sugar
1 tablespoon cornmeal
½ teaspoon ground cinnamon

aspoon ground ginger
salt
p water
lespoons butter or margarine,
lted
lespoon vinegar
aspoon lemon extract
pe Pastry Shell
bine eggs, sorghum, sugar, meal, spices, salt, water, but- r margarine, vinegar, and ct. Pour into prepared Pas- hell. Bake in 450° oven for inutes. Reduce heat to 325°. 20 to 25 minutes more or rust browns and filling is y set. If crust browns too ly, cover with foil.

prepare Pastry Shell: Thor- ly stir together 1 cup all-pur- flour and 1 tablespoon sugar. in 6 tablespoons softened r or margarine. Stir in 1 ly beaten egg. Form into a Roll out on lightly floured ce to ⅛-inch thickness. Fit 8-inch pie plate. Trim and edges.

OT CAKE
h. heavy cake covered with cheese frosting—
s all-purpose flour
s sugar
poons baking soda
poon salt
poons ground cinnamon
s
cooking oil
s grated raw carrot (8 lium carrots)
chopped pecans
pe Cream Cheese Frosting
oughly stir together flour, soda, salt, and cinnamon. ge mixer bowl, beat eggs othy; slowly beat in oil. ually add flour mixture, g till smooth. Mix in car- nd nuts. Pour into three d and floured 8-inch round ans. Bake in 350° oven for 30 minutes or till done. n pans 10 minutes; remove pans. Cool completely on Fill and frost with Cream e Frosting. Decorate top ecan halves, if desired.

prepare Cream Cheese ng: In small mixer bowl, 4 tablespoons softened but- margarine and two 3-ounce ges softened cream cheese. ually add 4⅓ cups sifted ered sugar, beating till h and creamy. Stir in 1 tea- vanilla and 1 teaspoon flavoring.

ERMILK POUND CAKE
ps sugar
shortening
butter or margarine

oon vanilla
spoon lemon extract
all-purpose flour
spoon baking soda
buttermilk
xer bowl, cream together shortening, and butter or
ued



Betty Crocker® Snackin' Cake®

Something special to eat.



Nothing much to clean up.



To the family it's some kind of fantastic moist cake you just pulled out of the oven.

To you, Betty Crocker Snackin' Cake is the cake you might have mixed up between taking the kids to the dentist and writing your letter to the editor. And you mixed it up with just a fork in the same pan you baked and served it.



No mixing bowls, no big mess to clean up. Betty Crocker Snackin' Cake in six moist, delicious flavors: Banana Walnut, Coconut Pecan, Chocolate Almond, Chocolate Chip, Applesauce Raisin and Chocolate Fudge.

We call it something special to eat, nothing much to clean up. We think you will, too.



continued

Down-home cooking

margarine till light and fluffy. Add eggs, one at a time, beating well after each addition. Stir in vanilla and lemon extract. Thoroughly stir together the flour and baking soda. Add to creamed mixture alternately with buttermilk, beating well after each addition. Pour into greased and floured 10-inch tube pan. Bake in 325° oven for 1¼ hours. Cool in pan 10 minutes. Remove from pan; cool on rack.

DEEP-DISH COCONUT PIE

The sweet coconut filling is the consistency of a thin syrup—

1 fresh coconut
1½ cups sugar
6 tablespoons butter or margarine
Dash salt
Pastry for 2-crust 9-inch pie

Drain and save liquid from coconut; add enough milk to make 1½ cups liquid. Remove coconut shell. Pare coconut (save peel to make Candied Coconut Chips). Grate enough coconut to measure 1½ cups. In medium saucepan, combine the coconut liquid, the grated coconut, sugar, butter or margarine, and salt; bring to boiling. Roll half of pastry to fit bottom and sides of a 1½-quart soufflé dish or casserole; line dish with pastry. Pour in coconut mixture. Roll out remaining pastry; adjust pastry over filling. Seal and flute edges; cut slits in top to allow steam to escape. Bake in 350° oven for 45 minutes or till golden brown. Cool before serving. Makes 6 to 8 servings.

CANDIED COCONUT CHIPS

Store in loosely covered container to keep them crisp—

2 fresh coconuts
2½ cups water
1½ cups sugar

Remove shells from fresh coconuts. Pare coconuts, leaving a very thin layer of white meat attached to the brown skin; break brown-skinned peeling into small pieces (about 1½ cups chips). Use remaining coconut for Deep-dish Coconut Pie or refrigerate for future use.

In medium saucepan, combine water and sugar; bring to boiling. Boil rapidly, uncovered, for 25 minutes or till consistency of corn syrup. Add coconut chips; mix well, then drain. Roll chips in granulated sugar. Dry, uncovered, on rack for 1 to 2 days. Makes 2 cups.



PEPPER RELISH



6 sweet green peppers (2 pounds)
6 sweet red peppers (2 pounds)
6 medium onions
1 cup sugar
1 cup vinegar
½ cup water
1½ teaspoons salt
1½ teaspoons dillseed

Finely grind peppers and onions separately. Drain (reserve pepper juices for Pepper Jelly, if desired). In saucepan, combine peppers and onion pulp; cover with boiling water and let stand 5 minutes. Drain. Add sugar, vinegar, the ½ cup water, salt, and dillseed. Boil gently 5 minutes. Fill hot clean canning jars to within ½ inch of top; adjust lids. Process in boiling water bath 5 minutes (start timing when water returns to boiling). Makes 10 half-pints.

PEPPER JELLY

You can use the drained juice from Pepper Relish for the sweet pepper juice—

6 sweet red or green peppers (2 pounds)
2 or 3 large hot red peppers
6½ cups sugar
1 cup vinegar
½ cup water
1 6-ounce bottle liquid fruit pectin

continued

A General Electric Potscrubber dishwasher is guaranteed to do this. Or we'll take it back.



Before



After

The pot on the left has the remains of the morning's oatmeal.

The unretouched picture on the right is the same pot after it has been scrubbed with the brushless water action of one of our Potscrubber dishwashers with Power Scrub Cycle. Nothing else was done to this pot. No pre-scraping. No rinsing. We washed it along with a full load of 88 other dirty dishes, glasses and silverware.

You'll get the same results as we have if you'll follow our simple loading diagrams for different sizes and types of loads.

Instructions are provided with every Potscrubber we sell.

That's why we can give this guarantee:

"Buy any one of our Potscrubber* dishwashers with a Power Scrub Cycle from a participating GE dealer before December 31, 1973. If you're not fully satisfied with its performance (and you'll be the judge) notify the dealer within 30 days of your purchase. He'll take back the dishwasher and refund your money. No questions asked."



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We make a line of Potscrubber models to fit into a lot of different kitchens. Three built-ins. Three front-load convertibles, portable now, can be built in later.

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We also have a quality feature just as dependable as our Potscrubber.



Customer Care... Service Everywhere.™ This is our pledge that wherever you are, or go, in the U.S.A., you'll find a qualified GE serviceman nearby. Should you ever need him. **The incredible Potscrubber dishwasher... another reason why GE is America's #1 major appliance value.**

GENERAL ELECTRIC

*Our Potscrubber dishwashers with Power Scrub Cycle are models GSD or GSC 961, 971, 981, GSU 970 and GSM 970.

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Look for Thermos® school lunch kits, the only ones with The Roughnecks—the amazing bottles that are tougher than kids.



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THERMOS DIVISION, KING-SEELEY THERMOS CO., NORWICH, CONN.

continued

Down-home cooking

Green or red food coloring (optional)

Grind sweet red or green peppers and hot peppers separately, reserving juices. Drain pulp well. (If desired, use sweet pepper pulp to make Pepper Relish.) Strain the pepper juices.

In large saucepan, combine 1½ cups sweet pepper juice and ¼ cup hot pepper juice. Add sugar, vinegar, and water. Bring to boiling; add pectin. Boil vigorously 1 minute. Remove from heat; let stand 5 minutes. Add few drops green or red food coloring, if desired. Skim foam and pour into hot clean jelly jars. Cover with ⅛-inch hot paraffin. Seal. Let stand 1 week before using. Makes 8 half-pints.

HUSH PUPPIES

Prepare these standard-sized hush puppies or duplicate Miss Wells' giant version by using ¼ cup dough for each hush puppy. Then reduce oil temperature and fry till centers are done—

2 cups chopped onion
⅓ cup water
1½ cups white cornmeal
½ cup all-purpose flour
1½ teaspoons baking powder
1¼ teaspoons salt
1 cup cold water
4 tablespoons butter or margarine
White cornmeal
Sausage or bacon drippings or shortening for deep-fat frying

In medium saucepan, cook onion, covered, in the ⅓ cup water for 2 to 3 minutes. Thoroughly stir together the 1½ cups cornmeal, flour, baking powder, and salt; stir in the 1 cup water. Gradually spoon cornmeal dough into onions. Remove from heat; add butter or margarine, stirring to melt butter. Using 2 to 3 tablespoons for each hush puppy, drop into cornmeal-filled pie plate. Roll in cornmeal and form into oblong shape. Fry in deep hot sausage drippings or shortening (365°) for about 3 minutes, or till done. Drain on paper towel-lined baking sheet. Keep in warm oven while frying remaining hush puppies. Makes 16.

SHUG GETER

LIGHT BREAD
½ cup sugar
½ cup shortening
2 teaspoons salt
1 cup hot milk
2 beaten eggs
2 packages active dry yeast
1 cup warm water
6 to 6½ cups all-purpose flour

Place sugar, shortening, and salt in large mixing bowl. Add hot milk and stir to soften shortening; cool. Beat in eggs. Soften yeast in the warm water; stir into shortening mixture. Add 4 cups of the flour; beat smooth. Add enough of the remaining flour to make a soft dough. Turn out on floured surface; knead till smooth, 8 to 10 minutes. Place in greased bowl, turning once to grease surface. Cover; let rise in warm place till double, about 1¼ hours. Punch down; let rest 10 minutes. Divide dough into halves or thirds. Shape into loaves. Place in two greased 9x5x3-inch loaf pa or three greased 8½x4½x2½ inch loaf dishes. Let rise double, 45 to 60 minutes. Bake 400° oven for 25 minutes. Mak 2 or 3 loaves.

For pan rolls: After first risi shape dough into 36 rolls. Pla in two greased 13x9x2-inch ba ing pans. Let rise till double, to 60 minutes. Bake in 400° ov for 15 to 20 minutes. Makes dozen rolls.

For braid: After first rising, vide dough in sixths. Roll ea into a rope 15 inches long. Sha into two braids, using 3 ropes each. Let rise till double. Bru tops with unbeaten egg whi Sprinkle with sesame seed. Ba in 375° oven for 20 to 25 m utes. Makes 2 braids.

DILL COTTAGE CHEESE BREA
1 package active dry yeast
¼ cup warm water
1 cup cream-style cottage chee
¼ cup shortening
2 tablespoons sugar
1 tablespoon minced onion
2 teaspoons dillseed
1 teaspoon salt
¼ teaspoon baking soda
1 well-beaten egg
2¼ to 2½ cups all-purpose flou
Butter or margarine, melted
Dillseed

Soften yeast in warm water. sauce pan, heat cottage cheese lukewarm. Stir in shortening, gar, onion, the 2 teaspoons the salt, baking soda, and softened yeast. Beat in egg. A flour, a little at a time, stirring make a soft dough. Knead lightly floured surface till smo and elastic, about 5 minu Place in greased bowl, turn once to grease surface. Cover: rise in warm place 1 hour. Pur down; cover. Let rest 10 minu Shape into loaf and place greased 9x5x3-inch loaf p Cover; let rise again till alm double, 30 to 45 minutes. B in 350° oven for 40 minutes. move from pan; brush w melted butter or margari Sprinkle with additional dillse Makes 1 loaf.

CHEESE BREAD
1 cup hot water
¼ cup sugar
1½ teaspoons salt
2 packages active dry yeast
¼ cup warm water
1 teaspoon sugar
1 well-beaten egg
2 cups (8 ounces) shredded sh process American cheese
3½ to 4 cups all-purpose flour

Combine the 1 cup hot wa the ¼ cup sugar, and the s cool to lukewarm. Meanwh soften yeast in the ¼ cup wa water; stir in the 1 teaspoon s gar. In mixing bowl, combine water mixture and yeast mixtu Add the egg, cheese, and eno flour to make a moderately dough. Turn out on ligh

continued on page 122

Pattern
ack views

w the front views of these
ive fashions for children
e 108. To order any of
atterns, see page 108.

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Dollar for dollar, what other meat stacks up to SPAM?

We made the sandwiches on the left with a dollar's worth of a nationally popular sliced bologna. For the stack on the right, we used a dollar's worth of SPAM.*

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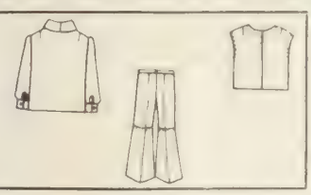
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ANNIE SIMPSON

CHICKEN AND BISCUIT DUMPLINGS

Save the chicken giblets to use in Corn Bread Stuffing—

4- to 5-pound stewing chicken, cut up
4 cups water
4 celery branches, cut up
1 small onion, cut up
2 teaspoons salt
¼ teaspoon pepper
1 cup self-rising flour
2 tablespoons nonfat dry milk powder
3 tablespoons lard
3 to 4 tablespoons water
½ cup self-rising flour
1 cup water
Snipped parsley

In large kettle, add chicken pieces to the 4 cups water. Add celery, onion, salt, and pepper. Cover; bring to boiling. Reduce heat; simmer till almost tender, about 2 hours. Skim fat from broth. Thoroughly stir together the 1 cup flour and the dry milk. Cut in lard. Stir in the 3 to 4 tablespoons water, 1 tablespoon at a time, just till dough clings together. Knead on floured surface 18 to 20 strokes. Roll to 6x4x½-inch rectangle; cut into six 2-inch squares. Drop squares onto boiling broth. Cover; simmer 12 to 15 minutes or till biscuits are done. If desired, remove dumplings and chicken from broth; keep warm. Strain broth; measure 4 cups broth into kettle, adding water, if needed. Combine the ½ cup flour and the 1 cup water; stir into broth. Cook and stir till thickened and bubbly. Pour over dumplings and chicken. Garnish with snipped parsley. Makes 4 to 6 servings.

CORN BREAD STUFFING

1 cup chopped celery with leaves
½ cup chopped onion
¾ cup chicken broth
2 beaten eggs
⅓ cup mayonnaise or salad dressing
1 teaspoon poultry seasoning
½ teaspoon rubbed sage
¼ teaspoon salt
Chopped cooked giblets
6 cups coarsely crumbled corn bread

In saucepan, cook the celery and onion, covered, in chicken broth, till tender, about 5 minutes. *Do not drain.* In large bowl, combine eggs, mayonnaise, poultry seasoning, sage, salt, giblets, vegetables with broth, and corn bread;

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Use Accent generously, according to directions, an bring out the best in meats poultry, vegetables, seafoo salads—almost everything you cook.

Accent does for the flav of foods what water does for the beauty of flowers.

continued

Down-home cooking

floured surface; knead till smooth and elastic, 3 to 5 minutes. Place in greased bowl, turning once to grease surface. Cover and let rise in warm place till double, 1¼ to 1½ hours. Punch down. Divide dough in half; let rest 10 minutes. Shape into two loaves. Place in two greased 8½x4½x2½-inch loaf pans. Let rise again till almost double, about 45 minutes. Bake in 350° oven for 40 to 45 minutes or till done. Cover loosely with foil after first 10 minutes of baking if the bread browns too quickly. Remove from pans; cool thoroughly on rack. Makes 2 loaves.

LEMON CAKE WITH LEMON PUDDING SAUCE

¾ cup shortening
1 cup sugar
3 eggs
½ teaspoon lemon extract

• • •

2 cups all-purpose flour
1½ teaspoons baking powder
¼ teaspoon salt
½ cup milk
2 cups warm water
¾ cup sugar
½ teaspoon lemon extract
¼ teaspoon vanilla
2 tablespoons butter or margarine

In mixer bowl, cream shortening and the 1 cup sugar till light and fluffy. Add eggs, one at a time, beating well after each addition. Stir in the first ½ teaspoon extract. Thoroughly stir together flour, baking powder, and salt. Add to creamed mixture alternately with milk, beating well after each addition. Reserve ½ cup batter for sauce. Turn remaining batter into greased 9x9x2-inch baking pan. Bake in 375° oven for 25 to 30 minutes or till done.

Meanwhile, place reserved batter in medium saucepan. Add the warm water, the ¾ cup sugar, the second ½ teaspoon lemon extract, and the vanilla; mix well. Cook and stir till thickened and bubbly. Stir in butter or margarine till melted. To serve, pour sauce over warm squares of cake. Makes 9 servings.

ightly but thoroughly. (For
ter stuffing, add additional
en broth, if desired.) On
foil, form stuffing into oval
Seal foil. Place on baking
Bake in 400° oven for 25
minutes or till hot. Makes
) servings.

SSES CAKE

espoons butter or margarine
) dark molasses

unce can (2 cups)
lesauce
self-rising flour
) nonfat dry milk powder
)oon ground cinnamon
spoon ground cloves
water
spoon ground cinnamon
spoon ground cloves

butter or margarine and
es; beat in egg and ⅓ cup
applesauce. Thoroughly
gether flour, nonfat dry
the 1 teaspoon cinnamon,
e ¼ teaspoon cloves. Stir
eamed mixture alternately
ater; mix well. Divide bat-
d spread evenly in two
8-inch round cake pans.
in 375° oven about 20
s or till done. Immediately
ne cake layer onto serving
Combine remaining apple-
the ½ teaspoon cinnamon,
ne ⅛ teaspoon cloves.
between layers and over
cake. Pierce top of cake
rk. Let stand 3 to 4 hours
serving.

PICKLED BEANS

ckling salt for canning to
recrystallizing—

ls fresh green beans
hite vinegar
spoons pickling salt
spoons dried dillweed
)oon cayenne
s garlic, minced

beans; drain. Trim ends.
ans to fit pint jars. In
n, cover beans with boil-
ter; cook, uncovered, 3
. Drain. Pack lengthwise
t clean canning jars to
½ inch of tops. In 4- to
kettle or Dutch oven,
e 3 cups water, vinegar,
salt, dillweed, cayenne,
lic; bring to boiling. Cover
ith boiling pickling liquid
n ½ inch of tops. Adjust
rocess in boiling water
minutes (start counting
ien water returns to boil-
akes 4 pints.

HOPE

D CRAB

ith lemon wedges—

fresh or frozen crab

beaten eggs
tyonnaise or salad
ng
)oon worcestershire

ons grated onion
Dash bottled hot pepper sauce
2 cups soft bread crumbs (2½ slices bread)
2 tablespoons butter or margarine, melted

Thaw crab meat, if frozen. Sort crab to remove any bits of shell; leave crab meat in chunks. Combine eggs, mayonnaise, worcestershire, onion, and hot pepper sauce. Stir in crab. Spoon into 6 or 8 crab shells, coquilles, or individual baking dishes. Combine crumbs and butter or margarine; sprinkle atop filling. Bake in 350° oven for 15 to 20 minutes or till bubbly and brown. Makes 6 to 8 servings.

CAROLINA CHICKEN PIE

4½- to 5-pound stewing chicken

continued

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1973 Stokely Van Camp, Inc.



continued

Down-home cooking

2 quarts water
1 medium onion, sliced
2 celery branches with leaves
2 sprigs parsley
2 teaspoons salt
¼ teaspoon pepper
3 hard-cooked eggs, chopped
½ cup all-purpose flour
Pastry for 2-crust 9-inch pie

In 5-quart kettle, cover chicken with the water; add onion, celery, parsley, salt, and pepper. Bring to boiling. Reduce heat and simmer, covered, till chicken is done, about 2½ hours. Drain chicken, reserving 4 cups broth and ¼ cup chicken fat. Strain broth. Let chicken stand till cool enough to handle. Remove meat from bones; discard bones and skin. Dice chicken. Put the meat in 13x9x2-inch baking pan; sprinkle eggs over meat.

Combine the reserved chicken fat and the flour in a medium saucepan. Stir in the reserved broth. Cook and stir till mixture is thickened and bubbly. Pour over chicken in pan.

Roll pastry to 14x12-inch rectangle. Place over chicken mixture; seal and flute edges. Cut slits in pastry to allow steam to escape. Bake in 375° oven for 45 minutes or till filling is bubbly and pastry is brown. Garnish



with additional parsley, if desired. Makes 6 to 8 servings.

BAKED CARROTS AND APPLES

8 medium carrots, pared and cut in 1-inch pieces
1 20-ounce can pie-sliced apples, drained
½ cup sugar
2 tablespoons butter or margarine
Paprika

Cook carrots in boiling, salted water till tender, 12 to 15 minutes. Combine carrots and apples; turn into 9-inch pie plate. Sprinkle with sugar; dot with butter or margarine. Dash carrots and apples generously with paprika. Bake in 375° oven for 1 hour. Makes 6 servings.

POPPY SEED DRESSING

¾ cup sugar
⅓ cup vinegar
1 teaspoon salt
1 teaspoon dry mustard
1 teaspoon grated onion
1 cup salad oil
1 tablespoon poppy seed

In mixer bowl, combine sugar, vinegar, salt, and mustard. Add onion; stir thoroughly. Adding oil slowly, beat with electric mixer or rotary beater till thick. Stir



in poppy seed. Store, covered, in refrigerator. Stir before serving. Serve over grapefruit sections and avocado slices arranged on lettuce-lined plates. Makes 1¾ cups dressing.

PECAN PIE

Garnish the pie with a generous dollop of whipped cream—



1½ cups light corn syrup
½ cup sugar
4 tablespoons butter or margarine
Pastry for 1-crust 9-inch pie
1 cup coarsely chopped pecans
3 slightly beaten eggs
1 teaspoon vanilla
Dash salt

In saucepan, combine corn syrup, sugar, and butter or margarine; bring to boiling. Boil gently, uncovered, 5 minutes, stirring occasionally; cool slightly. Line 9-inch pie plate with the pastry; flute edges. Place pecans in bottom of pie plate. Combine eggs,

continued



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continued

Down-home cooking

vanilla, and salt; pour syrup into eggs and beat well. Pour over nuts (pecans will rise to top). Bake in 375° oven for 30 to 35 minutes or till done.

ANGEL PIE

3 egg whites
1 teaspoon vanilla
1 cup sugar
1 cup graham cracker crumbs
1 cup chopped pecans
1 teaspoon baking powder
½ cup whipping cream

Beat egg whites and vanilla till soft peaks form; gradually add sugar, beating till stiff peaks form. Combine cracker crumbs, pecans, and baking powder; fold into meringue mixture. Spread evenly in greased and floured 9-inch pie plate. Bake in 325° oven for 20 to 25 minutes. Cool completely. To serve, whip cream. Cut pie in wedges and top with a dollop of whipped cream and a maraschino cherry, if desired. Makes 6 servings.

ESSIE ABERNATHY

BRUNSWICK STEW A LA GEORGIA

Torn slices of bread thicken this hearty dish—

1 pound beef chuck, cut in ½-inch cubes
1 pound pork shoulder, cut in ½-inch cubes
½ pound lamb shoulder, cut in ½-inch cubes
2 cups fresh tomatoes, cut up, or 1 16-ounce can tomatoes
3 cups diced pared potatoes (3 medium potatoes)
2 cups fresh lima beans or 1 10-ounce package frozen lima beans
1 cup diced onion
2 cups fresh corn cut from cob or 1 10-ounce package frozen whole kernel corn
1 tablespoon sugar
2 teaspoons salt
½ teaspoon dried basil, crushed
¼ teaspoon dried thyme, crushed
1 bay leaf, crushed
¼ teaspoon pepper
2 slices white bread

Place meat in 6-quart kettle; add water to cover. Bring to boiling; reduce heat and simmer till meat is tender, about 1 hour. Remove meat; measure the broth. Add enough water to broth, if necessary, to make 4 cups liquid. Return broth to kettle; bring to boiling. Add tomatoes, potatoes, lima beans, and onion. Cook, covered, till vegetables are tender, about 12 minutes. Add the cubed meat, the corn, sugar, salt, basil, thyme, bay leaf, and pepper. Cook, covered, 3 minutes more. Season to taste with salt and pepper. Break



bread into pieces. Add to stew, stirring constantly. If desired, chill overnight to let flavors blend, then reheat before serving. Makes 8 to 10 servings.

SALLY LUNN

Early Virginia settlers brought this recipe from England—

1 package active dry yeast
¼ cup warm water
2 tablespoons lard
½ cup sugar
2 eggs
1 teaspoon salt
3½ cups all-purpose flour
1 cup warm milk

Soften yeast in the warm water. In mixing bowl, cream lard and sugar. Beat in eggs and salt. Stir in 1½ cups of the flour; beat vigorously. Stir in milk and the softened yeast; mix well. Add the remaining flour; beat vigorously. Cover; let rise in warm place till double, about 1 hour. Stir down batter and spoon evenly into greased 10-inch fluted tube pan. Cover; let rise again till double, 30 to 45 minutes. Bake in 325° oven for 10 minutes. Increase oven temperature to 375°; bake 20 minutes more. Remove bread from pan. Serve warm or cool.

PEARS IN WINE

1 cup ruby port
3 tablespoons brown sugar
1 16-ounce can pear halves, drained
Dairy sour cream

In saucepan, combine wine and sugar; bring to boiling. Add pears; cover and simmer about 10 minutes. Chill till serving time. To serve, place 2 pear halves in each serving dish. Pour wine mixture over. Spoon a dollop of sour cream over each serving. Makes 3 servings.

continued

The can that thinks it's a wedge of cheese.



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Hormel



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continued

Down-home cooking

TURKEY GUMBO

The Choctaw Indians developed the use of filé powder—

1 meaty turkey frame
2 quarts water
1 tablespoon salt
1 bay leaf
3 onions, chopped (1½ cups)
1 cup chopped celery
1 green pepper, chopped (½ cup)
1 clove garlic, minced
2 tablespoons shortening
1 tablespoon all-purpose flour
1 16-ounce can tomatoes
¼ cup minced parsley
1 tablespoon sugar
1 teaspoon worcestershire sauce
¼ teaspoon dried thyme, crushed
1 10-ounce package frozen cut okra
1 pint fresh oysters
1½ teaspoons filé powder
3 cups hot cooked rice

In large heavy kettle, place turkey frame, water, salt, and bay leaf. Cover; bring to boiling. Reduce heat; simmer 2 hours. Remove turkey frame and meat; let stand till cool enough to handle. Remove meat from bones and dice meat; discard bones. Strain the broth.

In skillet, cook onions, celery, green pepper, and garlic in shortening 5 minutes, stirring often. Blend in flour; stir till flour is browned slightly. Stir vegetable mixture into broth in kettle; add tomatoes, parsley, sugar, worcestershire, and thyme. Bring to boiling; reduce heat and simmer about 1 hour. Add okra. Return to boiling; cook 5 minutes. Add diced turkey and the *undrained* oysters. Cook slowly till edges of oysters begin to curl. Season to taste with salt and pepper. Just before serving, add filé; cook 5 minutes longer. To serve, ladle gumbo into large soup bowl over rice. Makes 10 to 12 servings.

CHERRY BOUNCE

You can make a second batch using the same cherries and spices. Strain aged liqueur into a decanter, then add more sugar and bourbon to the tart cherries and spices—

8 cups (2 pounds) fresh unpitted tart red cherries
2 cups sugar
1½ teaspoons whole allspice
1½ teaspoons whole cloves
2 inches stick cinnamon
4 cups bourbon

Wash and stem cherries. Place alternate layers of cherries, sugar, and spices in a 2-quart jar. Pour in bourbon; cover. Stir daily till sugar is dissolved. Screw on top and place in cool, dark place for at least 2 months. Strain before serving. Serve in liqueur glasses. Makes 1 quart liqueur

PLUM CORDIAL

Essie uses wild Damson plums

3 pounds fresh purple plums, halved and pitted (7 cups)
4 cups sugar
1 quart gin

Combine all ingredients in la jar; cover tightly. Turn jar over end till sugar is in suspension (sugar will not be dissolve Let stand at room temperatu for 2 days. Invert and let stan more days. Repeat turning ev other day for 6 weeks. To ser strain out plums. Serve in liqu glasses. Makes 2 quarts.

HERBED PECANS

3 tablespoons butter or margar
3 tablespoons worcestershire sauce
1 teaspoon salt
½ teaspoon ground cinnamon
¼ teaspoon garlic powder
¼ teaspoon cayenne
Dash bottled hot pepper sauce
1 pound pecan halves

In heavy skillet, melt butter margarine. Stir in worcest shire, salt, cinnamon, garlic po der, cayenne, and hot pep sauce. Add pecans; toss till n are well coated. Place in sin layer in 15½x10½x1-inch b ing pan. Bake in 300° oven 20 to 25 minutes, stirring of till nuts are brown and cri Makes about 4 cups.

HEAVENLY HERB JELLY

Use green food coloring w fresh basil and yellow color with rosemary—

6½ cups sugar
2 cups water
1 cup white vinegar
1 cup fresh basil or rosemary leaves (lightly packed)
6 drops green or yellow food coloring
1 6-ounce bottle liquid fruit pec

In large saucepan, combine s ar, water, vinegar, basil or r mary leaves, and food colori Bring to boiling. Add pec heat to full rolling boil and b hard 1 minute. Remove lea Pour liquid into hot clean j glasses. Cover with ⅛-inch paraffin. Seal. Makes 7 half-pi

SWEET PICKLE SLICES

4 to 5 pounds cucumbers, 3 to 4 inches long
½ cup pickling salt
1 quart hot water
6 cups sugar
4 cups vinegar
½ cup prepared horseradish
¾ teaspoon celery seed
4 cinnamon sticks

Wash and cover cucumbers v hot salt brine made by combi pickling salt and water. C cover with large plate or lid v weight atop to keep cucum in brine. Let stand seven da

Drain cucumbers; cover v hot water. Let stand 24 ho

cover again with hot wa-
t stand 24 hours. Drain;
ıcumbers.
ıucepan, combine sugar,
, horseradish, celery seed,
ınamon sticks. Bring to
pour over cucumbers.
ɔver. Let stand overnight.
syrup from cucumbers
orning for four days; re-
up and pour over cucum-
ach time, let cucumbers
syrup before covering.
ıe fifth day, remove cin-
sticks and bring cucum-
syrup to boiling. Pack
ers and syrup into hot
rs to within ½ inch of
ljust lids. Process in boil-
er bath 5 minutes (start
g time when water returns
ıg). Makes 5 or 6 pints.

OKRA PICKLES

der, crisp pickles, select
ds that are about 3 to 4
ı length—

uncut fresh okra
ater
ite vinegar
ckling salt
garlic, crushed

ra well. Drain and pack
clean pint jars. In sauce-
mbine water, vinegar,
garlic. Bring to boiling;
ɔ jars to within ½ inch
Adjust lids. Process in
water bath 5 minutes
unting time when water
ɔ boiling). Makes 4 pints.

D PEACHES

gar
ater
ıches stick cinnamon
ıll fresh peaches
ıds), peeled

ım saucepan, combine
vater, and cinnamon;
ɔoiling. Boil hard 5 min-
d a few whole peaches
and cook 5 to 10 min-
ll peaches can be easily
with a fork. Remove
m syrup; pack in hot
or quart jars. Continue
ıches have been cooked.
aining syrup till thick-
ill it registers 222° on
ermometer. Cool syrup
temperature; remove
ıamon. Measure syrup;
ıp brandy for each cup
ir well. Fill jars with
rup. Seal jars at once.
frigerated. Makes 2
4 pints.

ICKLED CABBAGE

ıarsely chopped
e (about 3½ pounds)
rsely chopped onion
nedium onions)
kling salt
ar
egar
ater
on mixed pickling spice

abbage and onion; add
lt. Let stand overnight.

NEW FOR FALL

Hot Fudge Sundae Cake



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Make this a Gold Medal Fall. The recipe's in this Gold Medal sack.



Rinse and drain. In large saucepan or Dutch oven, combine sugar, vinegar, and water. Tie spices in cheesecloth bag; add to saucepan along with cabbage mixture. Bring to boiling; boil gently, uncovered, 5 minutes. Remove spice bag. Fill clean hot pint or quart canning jars to within ½ inch of tops; adjust lids. Process in boiling water bath 5 minutes (start timing after water returns to boiling). Makes 3 quarts or 6 pints.

MARY FRANCES McKEEL

MACARONI-CHEESE CASSEROLE

1 7-ounce package macaroni, cooked and drained (about 4 cups)

continued

We'll take it off your hands.

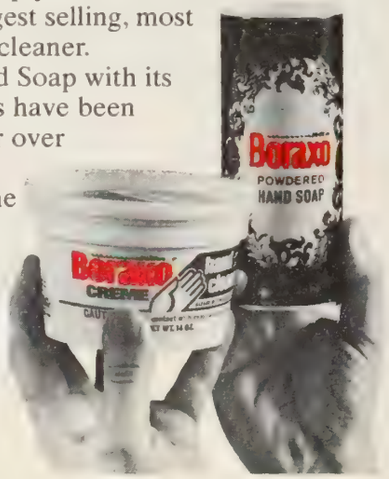


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continued

Down-home cooking

2 cups (8 ounces) shredded sharp natural cheddar cheese
1 can condensed cream of mushroom soup
1 6-ounce can sliced mushrooms, drained
¾ cup milk
¼ cup chopped onion
¼ cup chopped pimiento
¼ cup chopped green pepper
½ of 8-ounce package rich round cheese crackers, crushed (1½ cups crumbs)

Combine macaroni, cheese, soup, mushrooms, milk, onion, pimiento, green pepper, and 1 cup of the cracker crumbs. Turn into 2-quart casserole. Sprinkle with the remaining ½ cup cracker crumbs. Bake in 325° oven for 45 to 50 minutes or till hot. Garnish with green pepper rings, if desired. Makes 8 servings.

SOUTHERN FRIED CHICKEN

An outstanding version of a famed down-home food—

6 chicken breasts (about 4½ pounds), halved
Salt and pepper
2 cups all-purpose flour
2 cups buttermilk
Cooking oil

Season chicken breasts with salt and pepper. Coat each piece with flour. Dip in buttermilk, then coat again with flour. In deep skillet, heat cooking oil, 2 inches deep, to 350°. Reduce heat to keep oil at 325°. Cook chicken, a few pieces at a time, in deep hot oil 10 minutes or till done, turning once. Drain well on paper toweling. Keep warm till serving time. Makes 12 pieces.

BAKED RED SNAPPER

Vegetable juice cocktail seasons the fish fillets—

5- to 6-pound pan-dressed red snapper, filleted
Salt and pepper
3 tablespoons lemon juice
2 tablespoons butter or margarine
½ cup chopped celery
½ cup chopped onion
¼ cup chopped green pepper
1 12-ounce can (1½ cups) vegetable juice cocktail

Place fish in greased 15½x10½x1-inch baking pan. Season with a little salt and pepper. Sprinkle with half the lemon juice. Dot with 1 tablespoon of the butter or margarine. Bake in 350° oven for 20 minutes. Meanwhile, in saucepan, combine celery, onion, green pepper, and the vegetable juice; simmer, uncovered, 10 minutes. Remove fish from oven. Dash with more salt and pepper; sprinkle with remaining lemon juice. Pour simmered vegetable sauce over fish and dot with remaining butter. Return to oven and bake 30 to 40 minutes more or till fish flakes easily with fork, basting with sauce occasionally. Makes 8 to 10 servings.

SWEET POTATO CASSEROLE

2¼ pounds sweet potatoes, cooked and pared (6 potatoes)
6 tablespoons butter or margarine
3 slightly beaten eggs
½ cup sugar
½ cup chopped pecans
½ cup flaked coconut
½ cup orange juice
½ teaspoon salt
½ teaspoon vanilla
10 orange slices
10 marshmallows

Mash potatoes; stir in butter or margarine. Beat in eggs, sugar, pecans, coconut, orange juice, salt, and vanilla. Turn into 1½-quart casserole. Bake, uncovered, in 350° oven for 30 minutes. Top with orange slices; place a marshmallow atop each orange slice. Return to oven till marshmallows are golden brown, about 10 minutes more. Makes 8 to 10 servings.

ORANGE DATE CAKE

Sauce gives added moistness—

2 cups sugar
1 cup butter or margarine
4 eggs
1⅓ cups (8 ounces) chopped pitted dates
1 cup chopped pecans
4 cups all-purpose flour
1 teaspoon baking soda
¼ teaspoon salt
1½ cups buttermilk
2 tablespoons grated orange peel
1 recipe Orange Sauce
Whipped cream

In large mixer bowl, cream sugar and butter or margarine till light and fluffy. Add eggs, one at a time, beating well after each addition. Combine dates and pecans; coat with ¼ cup of flour. Thoroughly stir together the remaining flour, the baking soda, and salt. Add flour mixture to creamed mixture alternately with buttermilk, beating after each addition till smooth. Stir in date-nut mixture. Turn into 13x9x2-inch greased and floured baking pan. Sprinkle orange peel over batter. Bake in 325° oven for 1 hour and 20 minutes to 1 hour and 30 minutes or till cake is done. Remove cake from oven. Prick top with fork. While cake is hot, spoon Orange Sauce over top. Let cool in pan to absorb syrup. To serve, remove cake from pan. Spread whipped cream over top of cake. Garnish with additional grated orange peel.

To prepare Orange Sauce: Heat together 1 cup sugar, 2 teaspoons grated orange peel, ½ cup orange juice, and 2 tablespoons lemon juice just till sugar is dissolved.

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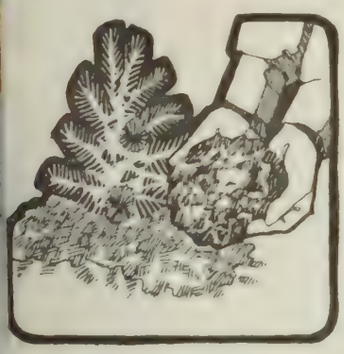
WHEREVER BOOKS ARE SOLD

begins on page 82

Gardening in September



Feed established shrubs with a balanced plant food, following directions on bag. Then, water thoroughly. If fall rains are light, set sprinklers to water the entire garden. Plants need a good supply of moisture to make it through the winter in good shape.



Give evergreens and shrubs, particularly newly planted ones, the benefits of a winter mulch of wood shavings, straw, or sawdust. The mulch conserves moisture, promotes strong rooting, and minimizes damage caused by alternate freezing and thawing.

Fisher-Price Bowling

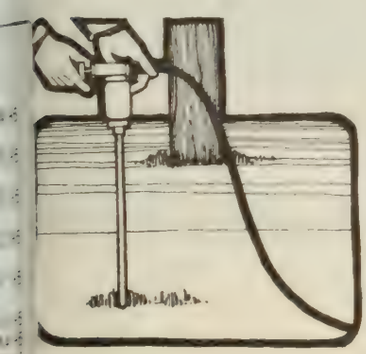


Here's bowling—simplified, speeded up and very satisfying for young children. No instructions, either. When a ball hits the center pin, all the pins up over.

And it's a strike! And because all five are permanently attached to the central axis, there are no loose pins to pick up.

Sliding counters from 1 to 10 let them keep score their own way. Two plastic balls store in ball rack

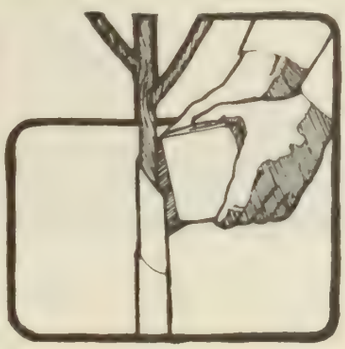
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Trees need food and water while dormant in winter. You can accomplish both jobs with a water ince. Put tree-food cartridges in hamber and insert lance full epth in soil for trees, half depth or shrubs. Follow label instructions for feeding.



Put edging strips around young specimen trees in the lawn. In addition to making a neat border around the tree, the strip acts as a dam to facilitate watering. To protect edging from damage and to hide it, place top edge flush with soil surface.



Wrap the trunks of newly planted trees to protect them from borers, rabbits, winter sun and wind, and mechanical damage. Start the wrap two inches below soil line and tie just beneath lowest limb. Leave in place for three years; loosen tie as trunk thickens.

Other September jobs to put on your calendar include:

- Lift all plant stakes, hose with water until clean. Tie together before storing.
- Label supplies as you finish using them. Close all chemical containers, re-label clearly if original label is unreadable, and store in a locked cabinet or on a high shelf out of children's reach and away from pets. If you have a partially used sack of fertilizer, check to see that the label is clearly readable. If it isn't, re-label. Fold top of bag over and clip shut with spring-type clothes pin. Store on a shelf, or in a dry corner. Never store on a damp floor. Make a copy of directions for stored supplies, especially the pesticides.



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to anything less than Kodak film?



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Drawing: Joe Isom

TWO ON THE TOWN

Gordon G. Greer

erican cities have been getting a bad ss in recent years. Street crime, pollu-, exorbitant prices—such common an woes have been so thoroughly reported people who feel fortunate indeed to elsewhere must wonder whether our dern metropolitan centers are even places to visit anymore. Well, in spite everything, they are. They're crowded and hy and unclean, to be sure, and dangerous if you der into the wrong area at the wrong time, but 're also as exciting and vital as ever—more so, as atter of fact. From one coast to the other, almost y major city has been making a determined effort te to improve its physical appearance and rejuve- its soul. You'll find evidence of success at every . Shiny new sports complexes. Stunning museums. ovative cultural centers. Safer, spruced-up parks. restaurants and theaters have multiplied like rab- and new skylines have eclipsed old landmarks by score—up to and including the proud Empire State ding, no longer the nation's tallest, nor even the tallest anhattan.

rices often come as a pleasant surprise, too. A big-city by a husband and wife is actually one of the best travel ains on the market if one spouse goes on business the other tags along—an increasingly common tice. Such a couple can cut costs, if company y allows it, by traveling on low-cost family-plan ares (at least until their scheduled phasing next June 1) and by paying only the differ-, a few dollars a day, between single and double room rates. As an inducement to stay through Sunday instead of checking out on Friday, when expense account privileges typically expire, hotels in every city offer tempting weekend plans in which rock-bottom prices are combined with various extras—a free dinner, say, or perhaps a pair of theater tickets, or a complimentary bottle of champagne. Such packages were obviously devised to fill hotel rooms—occupancy rates are traditionally lowest on weekends—but they're also making it possible for more and more couples to rediscover America's great cities together without going broke in the bargain. And of course it isn't necessary to combine business with pleasure. Many couples, once their children are back snugly in school, consider fall the perfect time to go off by themselves for a restorative mini-vacation. And they often choose a city because of the low-cost package plans through which airlines and hotels court their favor.

This article will give you a notion of recent changes in five cities that are among the most rewarding in the country to revisit. First-time attractions are generally ignored be cause you've seen them already or surely know about them —the Lincoln Memorial, Disneyland, Radio City Music Hall. The emphasis instead is on newer points of interest and on those often missed by visitors until their second or third time around. If the city you plan to visit isn't covered in this issue, maybe it's included in next month's lineup: San Francisco, Dallas, Chicago, Atlanta, and Boston.





Los Angeles

Visitors from Manhattan still make cracks about the place ("So these are your famous Los Angeles skyscrapers; they show an odd tendency to hug the ground, don't they?"), and the locals take as much fiendish pleasure as ever from watching those same New Yorkers try pathetically to hail a cab, taxis being about as numerous as polar bears here, but otherwise L.A. has changed considerably in recent years. What used to be described as "seven suburbs in search of a city" seems finally to have achieved a less schizoid identity with the ambitious redevelopment of downtown Los Angeles, formerly just a dull, scary joke ("I wouldn't be caught dead there after dark because I *might* be").

Today the downtown district is revitalized and safe. New office buildings have given it a skyline of sorts. High-rise apartments have successfully sprouted—the first anyone has been brave enough to build here in decades. And when was the last opening of a major hotel? Residents scratch their heads but can't remember. When the handsome Hyatt Regency flung its doors wide this summer, the occasion was suitably celebrated as a landmark event in the renaissance of a long-neglected neighborhood.

The recent inauguration of a Mini-Bus system that operates only in the downtown district (a dime a ride, with buses every five minutes, 9 to 4) makes it easy now for tourists without a car at their disposal to investigate the area's proliferation of attractions—its abundance of smart new shops, for example. Arcades and plazas are growing like weeds. The most notable are the two-level underground mall beneath the stately twin towers of ARCO Plaza (an acronym for Atlantic Richfield Company) and the Victorian Galleria of the brand-new Broadway Plaza.

This district is also newly rich in all sorts of restaurants, including some that already have been firmly established on best-in-the-city lists. Gone forever is the era when visiting gourmets felt compelled to stick strictly to "restaurant row," way out on La Cienega Boulevard in Beverly Hills. Today, without ever leaving downtown L.A., you can dine well at literally any level of your choice—from two floors beneath the street (at Francois' in ARCO Plaza) to an assortment of tower-top rooms with a view: Mistelés, on the 40th floor of the Crocker Bank Plaza (locally nicknamed the Top of the Crock); The Tower, which crowns Occidental Center, on South Olive Street; and now the Hyatt Regency's revolving bubble-top. Later in the evening, the crowds move to Irish pubs. Casey's and O'Shaughnessy's are the ones most natives favor.

This impressive regeneration of downtown Los Angeles was stimulated by the construction in the mid-1960s of the elegant Music Center near the district's northern edge. Sophisticates from other cities who come here to scoff, having heard that Los Angeles is a cultural Sahara, are in for a big surprise. What you'll see and hear in the Music Center's three superb theaters equals the best to be found in any similar complex in the country. Chandler Pavilion is the home of both the Los Angeles Philharmonic, capably conducted these days by Zubin Mehta, and of the fine Los Angeles Civic Light Opera company, which this month is presenting the American premiere of the musical version of "Gone With the Wind." In the Ahmanson Theater and the Mark Taper Forum, plays both old and new are as imaginatively staged as anything showing on Broadway. The whole city is knee-deep in actors, of course, seekers of Hollywood fame and fortune, and because movie stars between pictures are always trying to stretch their range, the casting of local stage plays can breed intriguing interpretations. Jon Voight and Faye Dunaway recently starred here, for example, in an innovative production of "A Streetcar Named Desire."

Nor are new theaters confined to th Music Center. Among others that have r cently opened around town, the two mo notable are the Shubert, in Century City right across the street from the Centu Plaza Hotel in a pleasant, booming ar with fine shops and good restaurants—a the Huntington Hartford Theater, at 16 Vine Street in Hollywood.

Old ladies and hustling teen-agers s stand on Sunset Boulevard hawking ma that direct tourists to the movie stars' hom but the city's foremost demigod in 1973 the antithesis of a Hollywood celebri Gray-haired, quiet, superficially dull, works his craft in Pauley Pavilion on UCLA campus. Even if you're not a spo fan, you've surely heard of John Wood He's the coach of the UCLA basketb team, winners of seven straight national c legiate championships and 75 consecu games now. Such success is unprecedent in the annals of the sport, and if somehow you can manage to scrounge up a ticket all means go to see this team play—if so you can sit by the fireside some day tell your grandchildren about watch Wooden's Wonders in the flesh. It will the equivalent of the stories old-timers today about seeing Knute Rockne's foo teams perform at Notre Dame or spend golden afternoons in the bleachers at Y kee Stadium when Babe Ruth and Gehrig were in their prime.

If you've been absent from the UC campus a few years, the architectu changes in the vicinity will amaze you, ticularly the growth of high-rises in door Westwood Village; believe it or the place now boasts a skyline. It's all of Los Angeles' own westward migratio which everyone seems determined to ever closer to the ocean. The ultimate apparently, is Marina del Rey, where should spend an afternoon just p around. This ritzy-but-casual comm slightly south of Santa Monica is an e sion of condominiums, zingy new sho all kinds, boats by the thousands, and restaurants galore. If you have trouble ing your mind up, you might try The house, at 4499 Admiralty Way; it has food, reasonable prices, a waterfront and a unique decor that uses packing as props. Other good choices for lun dinner are Benihana By the Sea, El Cyrano's, and Pieces of Eight. Or, t the Beachcomber, open only for dinne





ST. LOUIS

By far the sorriest development to report from St. Louis is that Gaslight Square is a thing of the past. Nothing remains from its flamboyant heyday as the center of local night life except a few tired antique shops down on their luck.

That's the bad news. The good news is that in a more favorable location—right downtown, in the shadow of Busch Stadium, where both the baseball and football Cardinals play their home games and where a multi-media Sports Hall of Fame is situated—a *new* Gaslight Square is emerging. Space has been sectioned off there, christened with the name, and restaurants, nightclubs, and shops are moving in. The project is still in its formative stages but proceeding at a refreshingly brisk clip.

And before you lament the passing of those Gaslight Square restaurants that so many out-of-towners so fondly remember, rest assured that St. Louis is still blessed with fine dining spots, even more so than in the old days. A few simply moved from Gaslight Square to somewhere else—like the Fort of St. Louis, settled solidly in Clayton, at 15 North Central Avenue. And newcomers have opened that outclass their predecessors. Anthony's, for example, in the new Equitable Building, a giant mirrored monolith at 10 South Broadway, is an ultra chic arrival that fully merits its lofty prices. (Call early for reservations because they're sometimes hard to get.) Nearby, in the revolving restaurant atop Stouffer's Riverfront Inn, you can savor not only an excellent meal but a superb overview of the city. Other places ranging from the ritzy to the casual are scattered democratically all over town. On the Levee, after a stroll on which you've ogled the Fleur de Lis Fleet, a collection of romantic vessels no visitor should miss, you have two handy choices for an elegant repast: on board the *Becky Thatcher,* an authentic old stern-wheeler, or on the *Robert E. Lee,* a handsome riverboat replica.

La Sala, a touch of Mexico at 513 Olive Street—charming, inexpensive, with guitarists and singers—enhances the reputation St. Louis has long enjoyed for superior Italian food. Agostino's and Angelo's, both on Shaw Avenue, and Andreino's, close by at 5101 Wilson, are three good explanations of why The Hill, in South St. Louis, continues to be a haven for local lovers of Italian dishes. (To reach the heart of The Hill, drive south on Kingshighway along the eastern edge of Forest Park to Shaw Avenue, and then take a right; you've arrived.) Even Cantonese food is available in St. Louis in exalted form; Mr. Wong, the owner of the Lantern House, at 6605 Delmar, was once the Hong Kong Hilton's head chef.

The two areas most popular among tourists these days are the Riverfront, dominated by the soaring Gateway Arch (riding to the top is a bit of mandatory fun, and the Museum of Westward Expansion, at the base, is growing year by year and well worth a bit of your time), and, on the other side of town, Forest Park. You'll remember most of the pleasures of the park from past visits. The world-renowned zoo, the imposing Art Museum, McDonnell Planetarium and its modern Star Theater, the big-name summer talent at the open-air Muny, the Jewel Box with its bright displays of flowers and plants—all are still there and going strong. In Forest Park, and also along the downtown Riverfront, the city has recently fielded a troop of mounted police; besides being picturesque, they add a great deal to the security of both of these areas.

Maryland Plaza, one of the city's current "in" spots for shopping, lies within easy walking distance of the park's northeast corner. Shops that cater to an astonishing diversity of tastes share the neighborhood with some equally enticing restaurants. One of the newest and most appealing is a Greek spot called the Acropolis, south of Maryland Avenue on Euclid.

In Clayton, the attractive suburb just west of Forest Park, you'll discover another chic cluster of specialty shops around a lush branch outlet of Famous-Barr (one of the city's two foremost department stores; Stix, Baer and Fuller is the other).

Clayton isn't hurting for good restaurants either. For lunch, a shrewd choice would be either the Leather Bottle, a plush but not costly place in the Famous-Barr complex, or the Fatted Calf, at 12 South Bemiston Street, which specializes in super-good hamburgers. Then for dinner you could make reservations at the Top of the Sevens—the address is 777 Bonhomme—where an unsurpassed view of the shiny new Clayton skyline accompanies a first-rate meal.

On Clayton Road, the Cheshire Inn has a selection of good dining rooms, and you might also enjoy Cyrano's, a coffee shop turned gourmet restaurant. The food is ambrosial, and it's served with classical music.

Assuming you have your own or a rented car for transportation—that's really the best way to get around in these parts—there are three other neighborhoods ideal for pleasant browsing. The first, about a 45-minute drive from downtown, is the recently revived waterfront community of St. Charles, northwest on I-70 on the banks of the Missouri. The renaissance has changed it into a charming amalgamation of art galleries, antique shops, and several good restaurants.

The Cherokee Strip, a less touristy antique area, graces Cherokee Avenue on the south side of St. Louis, starting at about the 2100 block. (From downtown, drive west on Lindell, then south on Jefferson to Cherokee.) Weird junk and fine antiques are indiscriminately mixed here, with genuine bargains the reward for diligent seekers. At the Jefferson Avenue Boarding House, a couple of blocks north, you can pause for a delicious lunch served boardinghouse fashion—meaning you take whatever food the cook feels like dishing out that day.

Old Soulard Market, on the city's near south side (south on Broadway from Busch Stadium is the quickest way to get there) has outdoor stalls brimming with fresh-from-the-farm produce and the ambience of a Mexican marketplace. In the same general vicinity stands the Anheuser-Busch brewery, largest in all the world; after a free guided tour, you can have one on the house. What's a visit to St. Louis without beer?





New Orleans

The odds are good that whatever impressed you on your last trip to New Orleans has weathered the intervening years with few changes—and who in his right mind would wish it otherwise? To remake a city that grows more graceful as it ages could only lead to deep disappointment. Since that hasn't been attempted, rejoice. You can still enjoy the quaintness of the Vieux Carré (French Quarter), the colonnaded mansions of the lovely Garden District, the foot-stomping, hand-clapping jazz sessions at Preservation Hall (although many of the old-timers are getting along in years now), and the French Quarter dining tour supreme: breakfast at Brennan's, lunch at Galatoire's, delicious fresh oysters at the Acme Oyster Bar, then dinner at Antoine's and, to top it all off, a late-night stop at Morning Call or Cafe du Monde for *cafe au lait* and *beignets,* those scrumptious holeless doughnuts sprinkled liberally with powdered sugar.

But the city's appeal goes far beyond such well-known tourist haunts, and you'd be wise to seek out its less publicized delights. Take restaurants, for instance. Besides the famous ones that constitute the French Quarter tour, many others provide good food at lower prices. Connoisseurs among the natives are particularly high these days on Berdou's (300 Monroe Street, Gretna) for French cuisine; Martin's (1413 Upperline Street) and Petrossi's (901 Louisiana Avenue) for seafood; the Bon Ton (401 Magazine Street), *the* place for Creole and Cajun dishes; and Chris' Steak House (three locations) for the finest steaks in town. If you're looking for a romantic atmosphere along with first-rate cooking, it's only a short drive to either of the area's two plantation restaurants: Tchoupitoulas (on the West Bank of the Mississippi River) or Elmwood (on the East Bank).

And, listen, about hotels: some of the big ones here are nice, but you can add a new dimension to your enjoyment of the city by staying in one of the small, quaint places in the Quarter where the charm is incredibly thick. One example is the Maison de Ville, on Toulouse Street, an old town house whose rooms are furnished mostly with antiques and where you wake up to croissants and thick chicory coffee. Another favorite is the Lamothe House, on Esplanade Avenue, an 18th-century mansion that fairly reeks of southern comfort in a setting of handsome antiques. A third choice is an attractive blend of the old and the new: Chateau LeMoyne, at 301 Rue Dauphine, whose old slave quarters have been preserved on the opposite side of the courtyard from its modern hotel accommodations.

To see other parts of the city, a pleasant alternative to renting a car is to call upon the services of Orleans Tours, a new outfit whose guides are all pretty young ladies who pamper you and drive you around town in Mercedes buses. Or, if you like the nostalgia of riding a streetcar, you can see much of New Orleans that way. The St. Charles Avenue streetcar can let you off within easy walking distance of the rejuvenated Audubon Park Zoo.

Longue Vue, one of the finest public gardens in the nation, is located on Bamboo Road just ten minutes from Canal Street, and belongs on your must-see list if you've never paid it a visit. An eight-acre showcase reminiscent of the gardens of Europe, it attractively combines five separate gardens —Pan, Portico, Spanish, Yellow, and Wild —with the grounds open daily except Monday, 1-5.

Another tip is to spend a little time on the water; the river's contribution to the flavor of the city is too frequently ignored by visitors. The *Mark Twain* and *Voyageur,* replicas of old stern-wheelers, embark on extensive excursions each morning. At 10 a.m. the *Voyageur* leaves its dock at the foot of Canal Street for a tour of the port and Bayou Lafitte, where the lusty pirate reportedly hid out and stashed his loot; the *Mark Twain* follows the same course an hour later. If that's still too early for you, there are afternoon trips, too. At 3:30 the *Voyageur* heads down the Mississippi on a two-hour round trip to the Chalmette Battlefield, where Andrew Jackson defeated the British in the battle of New Orleans. And the *President* the largest side-wheeler in the world makes harbor tours daily at 2:30 On Saturday night, the *President* becomes an enormous floating dance hall with Dixieland music provided by the Crawford Ferguson Night Owls.

Roaming around the French Quarter under the lacy iron balconies is no less pleasant a pastime than ever, but Royal Street may have changed a bit since the last time you were here. In the daytime it's now a pedestrian mall, with street-corner flower vendors and benches for weary walkers. If you can't find the antique store you remember from your last trip, you might try looking for over on Chartres Street; many stores moved there to make room for the chic boutiques that have become so abundant on Royal.

Bourbon Street, too, is closed to cars now after dark, but otherwise it's still the same old fantasyland—a hodgepodge of strip joints, jazz spots, and nightclubs, simultaneously the liveliest and saddest street in America.

Undoubtedly the most noticeable alteration in the Quarter is the French Market face-lifting, scheduled for completion next year. After the renovation of a number of old buildings on Decatur Street, new restaurants and shops will be added. Another recent addition of special interest to out-of-towners is the Greater New Orleans Tourist and Convention Commission office, conveniently located at 334 Royal Street; you can stop there for free coffee and detailed information about all the points of interest in the area. If you ask about the Superdome, you'll be dutifully informed that it will be the largest enclosed stadium ever built on the planet earth; Houston's famed Astrodome could easily fit inside it. Also, at $151 million it will be by far the most expensive. And don't worry—construction will be finished in time for the 1975 Super Bowl, for which New Orleans has been designated host. Whether the Saints will ever make it to that game is something else again.



WASHINGTON

Of Washington's newer attractions, take a guess at what's most popular. The Kennedy Center for the Performing Arts? The Renwick Gallery and its American crafts collection? Les Champs of the Watergate, a clump of 56 smart shops in the complex made famous by the political bugging flap? Capital Center, the handsome sports arena about to open in nearby Largo, Maryland, scene of the imminent return to the Washington area of professional basketball and hockey? Well, no, the correct answer is none of the above. Those newcomers have been warmly received, all right, but they haven't stirred the passions like Hsing-Hsing and Ling-Ling, the Chinese pandas now living at the Washington Zoo; on weekends, people sometimes stand for *hours* to catch a glimpse of them.

Fortunately, if you want to see the runner-up attraction —the John F. Kennedy Center for the Performing Arts—no such grueling wait in line is needed. There are free tours each morning from 10 to 12:30, and tickets to many performances are available right up to curtain time. Be warned, though, that the prices are nearly as stiff as on Broadway; a Saturday night box seat can cost $12. And for dinner after the show at La Grande Scene, the top-floor restaurant, figure $25 per couple. Small spenders have the option of eating lunch instead of dinner there—noon specials are sometimes priced as low as $3.50—or choosing either of the two less lavish restaurants in the Center: the Promenade, a cafeteria where you can get a full meal for $2; or the Gallery, a small cafe whose prices are only slightly higher.

With the recent opening of the American Film Institute's movie auditorium, Kennedy Center now encompasses four theaters. The other three are the Concert Hall, acoustically superb, where Antal Dorati directs the National Symphony Orchestra; the Opera House, which accommodates not only operas but ballets, musicals, and straight plays, too; and Eisenhower Theater, for more intimate stage productions. The building's controversial design and decoration often inspire extreme judgments. "Thirty miles of red carpet and some gross chandeliers" is one of the kinder comments from the Center's many critics. Other people love it, though, so reach your own conclusions.

If your hotel is beyond walking distance of Kennedy Center, a taxi is the easiest way to get there; when you arrive, you'll be greeted at the curb by a doorman who can arrange for another taxi to be waiting to take you home. If you drive your own car, you risk parking problems. Curtain times are staggered to avoid a traffic jam, so check your tickets carefully.

The resurgence of live theater that Kennedy Center represents has found other pleasant manifestations around town. Near the urban renewal area on the city's southwest side, Arena Stage, one of the finest ensemble companies in America, has opened a second theater, the Kreeger, next to its older one. Downtown, after a series of reshufflings at Ford's Theater, the National Park Service is running the show, so far with considerable success; "Godspell" was a sell-out for more than a year. Big Broadway musicals still play the old National, and the metropolitan region is abloom with dinner theaters where you can eat and see a show without great violence to your budget—in some cases, for less than $8 a person. Who says the nation's capital is always asleep by ten o'clock?

Loftier entertainment—fine art and classical music—has flourished in the city for ages, of course, and is seemingly more abundant every year. Not even the most ardent Manhattan culture buff could concoct a more pleasurable or uplifting Sunday than that of the Washingtonian who starts at, say, the Old Patent Building—an architectural treasure housing the National Portrait Gallery and, across its airy courtyard, the National Collection of Fine Arts—goes from there to the less-publicized but splendid Phillips Gallery to renew his acquaintance with its first-rate collection before attending the free concert in the living room at five o'clock, then quickly repairs to the National Gallery in time for another concert, in the Garden Court at seven, among some of the world's supreme masterpieces. All without spending a penny on admissions.

A few things you might remember from past trips are closed down now—the historic old Willard Hotel, for example, and the Occidental Restaurant adjoining it. Their shells are still standing, but forlorn and boarded up—doomed unless the city's staunch band of preservationists can somehow save the day. (Incidentally, some of the Occidental's former V.I.P. regulars are said to have transferred their allegiance to Harvey's, newly relocated at 18th and K Streets, one of the local "in" spots for lunch now.) American league baseball is of course among the missing, the Senators having transformed themselves into Texas Rangers, and those delightful mule-pulled barges on the C&O Canal also belong to the ages; hurricane damage too extensive to repair has forced their discontinuance.

But hope springs eternal on the banks of the Potomac, and for every recent loss a greater gain is boldly promised. Major league baseball is to return next spring. And instead of traveling by mule-drawn barges, the city will soon be served by subways. How soon is soon? Well, 1976. The target date for *everything* here is 1976—obviously because of the nation's bicentennial celebration. That anticipated party seems to have triggered more projects than anything since FDR's New Deal forty years ago. The Smithsonian's National Air and Space Museum will be finished then, and the next phase in the construction of the Washington Cathedral, and the annex for the National Gallery of Art, and the Hirshorn Museum and Sculpture Garden, and the Dwight D. Eisenhower National Visitors Center. Why, the way the bureaucrats tell it, by 1976 you'll even be able to find a parking space along the Mall.

Promises, promises. Washington is full of them. Not that *that's* anything new.



New York

If you've heard rumors about the decline and imminent death of New York City, you'll be startled by all its signs of young vitality: architectural gems that have given it new glitter (Paley Park, for example, and the Ford Foundation building, and the Juilliard School, and the World Trade Center towers, the 110-story twins that have eclipsed the Empire State Building as highest on the Manhattan skyline); the lively mix in Central Park of open-air concerts and jugglers and boating and "Shakespeare in the Park"; a fine new jazz museum (at 125 West 55th Street) and another devoted to sports, in the new Madison Square Garden; a totally rejuvenated Stock Exchange gallery and a spanking clean St. Patrick's Cathedral; unique, intriguing restaurants that have opened in recent years (the Autopub, for instance, worth a guided tour in itself); and street sculptures by Picasso and Dubuffet and Nevelson. In all, it's hardly the setting for a death watch.

The pleasantest way to investigate New York is still on foot—or by bicycle, on weekends. Special biking trails are marked in many sections of the city, and walking tours have been established by the Museum of the City of New York. If you'd rather plot your own route, there's a booklet that might help you, called "New York City Landmarks." It's available for the asking from the New York Convention and Visitors Bureau, at 90 East 42nd Street, across from Grand Central Station. The Bureau can also supply you with other information—on subways, restaurants, sporting events, hotels, almost anything an out-of-towner might need help with.

A tour of Lower Manhattan, either walking or biking, is one of the most rewarding explorations. New plazas dotted with fountains and trees and "lovers' benches" freshly define a showcase of two centuries of architecture that ranges from 19th-century brick houses and early Gothic skyscrapers to the steel and glass boxes of newer vintage.

On this tour, you can visit the South Street Seaport Museum, at 16 Fulton Street, on the East River. A flat, authentic sea smell permeates the air, and restored sailing vessels like the *Wavertree* and the *Lettie G. Howard* stir memories of half a century of seaport bustle. The best known restaurant in this neighborhood is Sweet's, but if its tables are all taken, there are two good alternatives: Sloppy Louie's, around the corner, and the Seaport Galley, on the pier; the latter's specialties are hot dogs and hamburgers.

A side trip to the new American Museum of Immigration, located in the base of the Statue of Liberty—about an hour-long round trip from Battery Park—gives you a splendid view of the Manhattan skyline en route plus a jolt of honest patriotism.

On your return, you can visit another site of historical interest: Federal Hall, the newly renovated Greek Revival building on the site where George Washington was sworn in as president. At nearby Fraunces Tavern, where he bid his troops farewell, you can still enjoy a moderately priced meal. Then, to leap from the past to gleaming visions of the future, you can climax your tour of Lower Manhattan by visiting a building—at 127 John Street—that has mirrored and canopied open lobbies, corrugated steel tube entrances, and red or blue neon-lighted elevators. It's like something out of "2001."

On the entertainment scene, the latest phenomenon in the city are off-Broadway groups that, in effect, are theatrical supermarkets. Lincoln Center was the first, and now there are two others: the Public Theatre, on Lafayette Street, established by Joseph Papp, who also dreamed up Shakespeare in the Park; and the more recently opened Mercer Arts Center. Several shows are offered simultaneously at these complexes, and except in rare cases reservations aren't required; if you can't get into one show, there's always something else worth seeing. The on-Broadway curtain time these days is 7:30, but off-Broadway shows don't feel bound to that practice.

To avoid the show-time traffic crunch—just as bad today as ever—it's wise to choose a restaurant within walking range of the theater. Three good ones near Lincoln Center give you a choice of cuisine: El Faro 72 predictably Spanish; Fleur de Lis, where the menu is French; and O'Neals', for American steak and hamburgers. Farther downtown the Derby Steak House, on MacDougal Street, is a good bet, and elsewhere in Greenwich Village almost any Italian restaurant will satisfy your hopes at modest cost. If you want to delay dinner until after the show, a visit to the Rainbow Room atop the RCA Building is a sentimental journey to the 1930s; its bird's-eye view of the city is still tops, and its decor pure Hedy Lamarr.

Greenwich Village has been dethroned as the city's leading art colony. The new champion is the nearby area called SoHo (pronounced *sow-how,* for South of Houston Street, which is properly pronounced *How-ston,* not like the city in Texas). You can simply stroll its streets and study the cast-iron palazzo-style buildings, or take advantage of the special tours of artists' lofts.

The Village has also been challenged as the mecca for antiquers. The shops along Bleecker Street face stiff new competition from two huge antique centers on midtown East Side: the Antiques Center of America at 415 East 53rd Street, and the New York Antiques Center, 962 Third Avenue. Each offers an enormous collection of items, but not everything is what it seems, so know your stuff before you buy.

Two neighborhoods many tourists mistakenly avoid, are the Lower East Side and Harlem. You won't regret the time you spend exploring the Lower East Side on a Sunday, when milling crowds of bargain-hunters jam the sidewalk stalls. You'll enjoy a bit of casual browsing, eating at Katz', and just soaking up the scene—little changed from what it looked like 60 years ago.

As for Harlem, the easiest way to get a safe, authentic view of it is on one of the Penny Sightseeing Company's "Harlem As It Is" tours. From opulent Sugar Hill to drab tenement districts, you'll be taken far beyond the usual stereotypes. ■

Y TRAVEL

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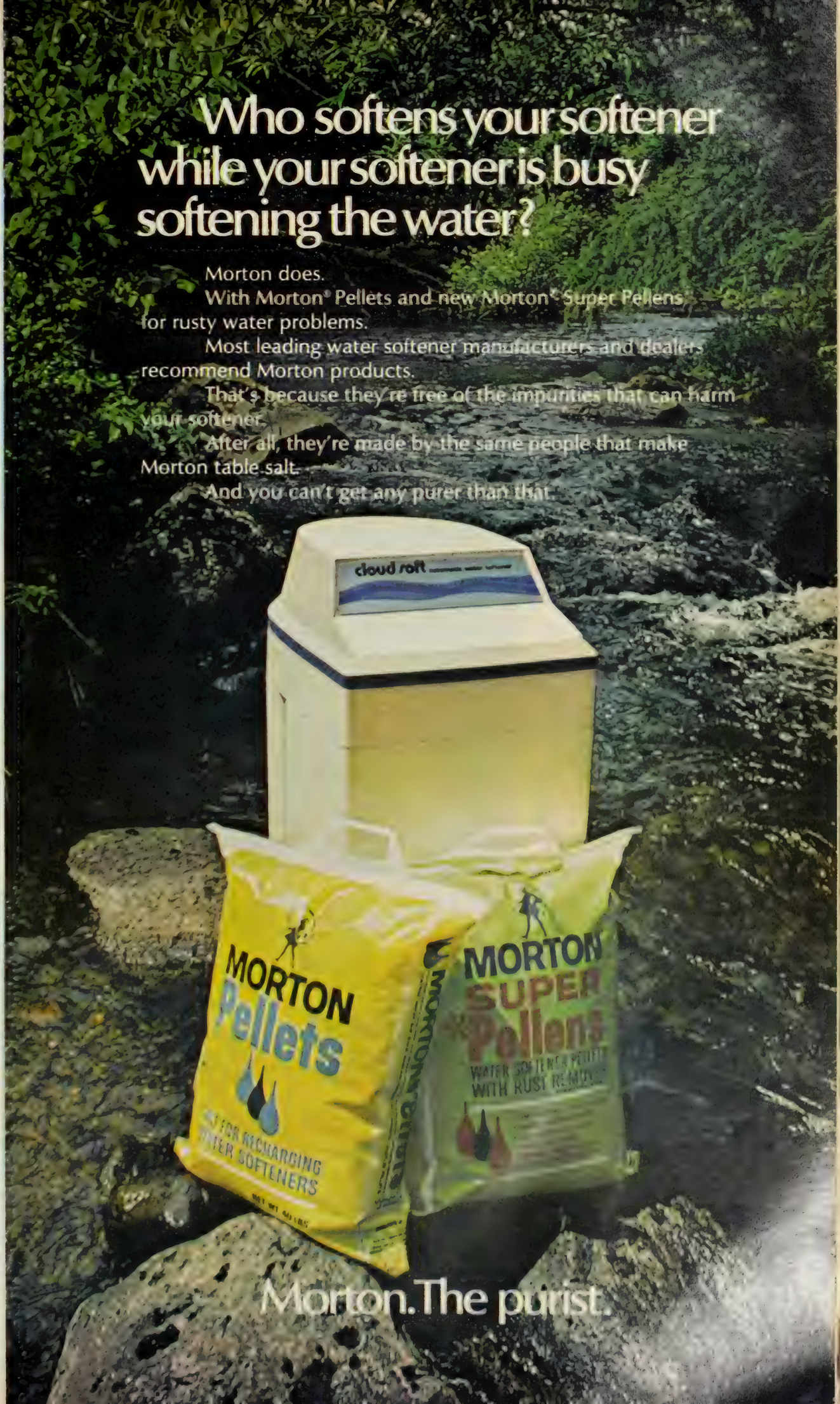
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TRAVEL WEST

Tony Swan, Western Travel Editor

A special guide to "Two on the Town" cities for readers who live in the Rocky Mountain territory or Far West

San Diego: California's "Tivoli"



Thanks to some 19th-century management decisions by the Butterfield Stage Line and the Santa Fe Railroad, the city of San Diego has managed to escape most of the curses that usually accompany greatness. When the Butterfield Overland Mail and later the Atcheson, Topeka, and Santa Fe Railroad chose Los Angeles as their western terminus, San Diego was cut off from the transportation links necessary to heavy industrial interest.

The result was a reshuffling of municipal priorities, with consequences still visible today. The air is transparent, the water clean, the life-style conspicuously lacking in the headlong rush usually associated with urban America.

Ever since the city fathers set aside 1,400 acres in 1868 for Balboa Park, diversion and relaxation have taken precedence among San Diego's projects. From the struggling little pueblo established July 16, 1769, San Diego has grown slowly and sometimes painfully to become one of the West's favorite vacation targets.

The great mystery about San Diego is how they manage to keep improving it. But they do, and even if you think you've exhausted the delights of attractions like Balboa Park and the San Diego Zoo, or sampled everything the city has to offer in the way of hostelries and restaurants, you'll find that the San Diegans have been busy the last few years.

The zoo, for example, is still the zoo—over 5,000 animals of 1,575 species—but it now has a brand-new younger brother, the San Diego Wild Animal Park, about 30 miles northeast of town near Escondido. Designed and operated by the San Diego Zoological Society, the park is as close as you can come to visiting the African wilds or the Asian plains without actually stepping aboard a jet airliner. Compatible animal groupings wander free in open environmental settings, feeling quite at home as visitors circle the periphery of their various ranges aboard a monorail ($1.50). There are five main groupings visible to monorail riders, with other displays and service facilities centered in the main part of the park.

To reach the Wild Animal Park, take US-395 north from San Diego to San Pasqual Road, and follow the signs. The park opens daily at 9. Admission is $1.25, kids under 16 free.

The newest development in Balboa Park, one that attracted national attention when it opened earlier this year, is the Reuben H. Fleet Space Theater and Science Center. Regarded as a breakthrough in planetariums, the space theater attempts, through a multi-media show, to take visitors to the stars, rather than bringing the stars to the visitors. A 180-degree fisheye lens projects 70-millimeter films *(Voyage to the Outer Planets* and *Garden Isle)* on the planetarium's tilted dome.

The shows start at 2:30 daily. Admission is $2, and includes entry to the participatory displays of the science center.

Another of San Diego's new developments is also among its oldest. It's Old Town State Historic Park, where the city graduated from its pueblo infancy in the first half of the 19th century. In 1872 a fire all but leveled Old Town, and the remaining buildings were allowed to deteriorate until the area gained state park status in 1968.

Today Old Town is a trip into the California of the late 18th and early 19th centuries. Two of Old Town's major adobes—the Casa de Estudillo and the nearby Machado/Stewart house—have been restored, and work is going forward on other buildings in the park. The birthplace of the *San Diego Union,* which first went to press October 10, 1868, makes for an interesting look at San Diego's yesterdays, and the Bazaar del Mundo provides some first-rate shopping opportunities for the arts and crafts of today. There are several other shops in the area, as well as seven Mexican restaurants.

Not far away, in the middle of Mission Bay Park, is Sea World, which in its nine-year history has become the West Coast bench mark for marine displays and events. Shows involve everything from killer whales to roller-skating penguins, plus extensive aquatic exhibits, real Japanese pearl divers (and real pearls), hydrofoil rides, and a 320-foot sky tower.

Sea World's single admission price—$3.50—covers everything but the hydrofoil, sky tower, and sky ride. The park is open daily from 10 a.m. until dark.

San Diego may not be Paris, New York, or San Francisco when it comes to dining out, but you'd be hard pressed to exhaust the city's first-rate restaurants in a single visit—or even in two or three. The suggestions that follow are made on a basis of excellence in decor and cuisine; a complete listing of restaurants is available through the San Diego Visitors and Convention Bureau.

Anthony's Star of the Sea Room, at Harbor Drive and Ash

More for your Travel Dollar! See page D3 for a listing of free travel information and literature you can order

Street, is *the* San Diego seafood restaurant, and sets a superior standard in service as well. For a Polynesian outing, the Bali Hai, on Shelter Island, has it all—torchlight flickering over a fine view of the nearby yacht basin, delicious tropical drinks, and an extensive Polynesian and Cantonese menu. Another ethnic specialty that ought to be on your list when you're this close to Baja California is Mexican food, and one of the city's most popular sources of same is at Mexican Village on Coronado Island. The menu is exhaustive and the setting is warm and intimate.

For some downtown fun, try Ten Downing, where you can get good steaks, chops, and ale in a delightfully authentic late-19th-century English pub atmosphere. One of the neatest gimmicks in town belongs to Tom Ham's Lighthouse, on Harbor Island. It's *really* a lighthouse—under an arrangement with the Coast Guard, Tom Ham was allowed to build his restaurant provided the lighthouse could share the premises. The menu is early California and the evening view of the harbor and downtown San Diego is the best in the area. Another culinary gimmick that's as much fun as Tom Ham's is the nearby *Reuben E. Lee,* a converted Mississippi stern-wheeler that serves fun as well as food in its two restaurants—seafood on the upper deck, prime rib on the lower.

When it comes to just-for-fun places, you're really speaking San Diego's language. Boom Brenchard's Flare Path, or "Boom's" as San Diegans call it, is just the place to unwind even further after a day of unwinding. Situated on Pacific Highway at the east end of the Lindbergh Field main runway, Boom's is a treasure trove of aeronautical memorabilia, including a Lilienthal glider suspended from an upstairs ceiling. The downstairs looks like a World War I air raid cellar, complete with sandbags and war bond posters. Boom, a British flying ace of the Great War, would feel right at home. However, if cellars make you claustrophobic, try a cocktail cruise aboard the stern-wheeler replica *Bahia Belle,* which plies the waters of Mission Bay between 7:30 and 9:30 Friday, Saturday, and Sunday nights. Passengers embark, free, at the Bahia or Catamaran Hotels on Mission Bay. And if you like to keep your adrenaline level high, there's always the honky-tonk, hell-ser-douser, boisterous, melic madness which is everyday fare at Mickie Finn's—America's Number One Speakeasy (self-proclaimed). Mickie's is at 1051 University Avenue.

If you want to work a side trip into your schedule, you've come to the right place. Mexico is only 16 miles from downtown San Diego, and you can bus down for a day at the bullfights, an evening at the jai alai palace, or an afternoon of shopping. The rocks, coves, and tide pools of beautiful La Jolla, a northern suburb, attract artists and artisans, as well as visitors, and east of the city are the contrasts of Cuyamaca Rancho State Park, with some great Cleveland National Forest hiking trails, and the enormous Anza-Borrego Desert State Park.

Hotels, motels, and campgrounds are plentiful in the San Diego area, and there's something suited to every budget. Some of the newest and nicest are the two Sheratons on Harbor Island, the Harbor Island TraveLodge, and the new high-rise section of the PSA Hotel Islandia on Shelter Island. Doubles at all four start at about $23. Perhaps the poshest hotel in town, and as good as any you're likely to find anywhere, is the new Westgate Plaza in the heart of downtown. Doubles start at about $33.

A complete listing of area hotels, as well as other information to help you plan your trip, may be obtained through the San Diego Convention and Visitors Bureau, 1200 Third Avenue, San Diego, California 92101.

Seattle on the upswing

Veteran Seattle watchers often say the city's contemporary fortunes resemble a Yo-Yo on a string. At the top of the string are such astonishing accomplishments as the 1962 World's Fair, an event that drew nine million visitors in a single summer and, to date, has been the only economically successful international exposition in modern times. At the bottom are profound recessions like the 1970-72 period that prompted local wags to plaster billboards with such comments as, "Will the last person to leave Seattle please turn off the lights?"

But the city is recovering from its recession with a boom. Half a dozen new skyscrapers punctuate the hill skyline; a new domed stadium is rising south of town; luxurious new super-ferries are plying Puget Sound; and the waterfront and Pioneer Square areas are in the midst of dramatic face-lifting operations.

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TURN PAGE FOR INFORMATION ON HOW TO ORDER VACATION TRAVEL PLANNING LITERATURE

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Hotel San Franciscan



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In this section, you'll find sources of information to help you and your family pick the best vacation spots across the West. Check these sources carefully before planning *any* trip.

1 BC FERRIES—Luxurious overnight car ferry trip up coast of British Columbia. Drive back beautiful Canada. BC Ferries, Tsawwassen Terminal Delta, B.C.

2 CALISTOGA—Profusely illustrated brochure showing the city, and health & recreation facilities with map of area and how to get there from San Francisco.

3 EUROPEAN TYPE SPA—and resort community of Calistoga at the head of the famed Napa Valley and its world renowned wineries. Brochure.

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5 GOLETA VALLEY—in beautiful Santa Barbara County. Send for new Goleta Valley maps. Free.

6 PSA HOLLYWOOD PARK—A sporty spot eight minutes from L.A. airport. Between the races and The Forum—Southern California's sports arena.

7 PSA HOTEL SAN FRANCISCAN—Stay in the heart of the city you leave your heart in. 19th century opulence at Civic Center.

8 PSA HOTEL QUEEN MARY—in Long Beach stay with the Queen. The historic ocean liner now berthed in Long Beach harbor is a resort in itself.

9 PSA HOTEL ISLANDIA—in San Diego escape to an island on beautiful Mission Bay. Every room has a view. Sport fishing boat at the door.

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TRAVEL WEST

A fine way to begin getting reacquainted with Seattle is a Saturday-morning walking tour of Pioneer Square. Heart of 19th-century Seattle and site of the original Skid Road (a thoroughfare for skidding logs to the sawmill), the area, until recently, contained only a seedy collection of vacant office buildings and warehouses, down-at-the-heels taverns, and fleabag hotels. A couple of years ago, the city declared this 18-square-block section a historic district, and extensive restoration is well under way.



The emphasis is strong on art and craft galleries, boutiques, and small individualized restaurants, with new enterprises springing up almost weekly.

Focus of the restoration is the cobblestone square itself, at First Avenue and Yesler, with its ornate old iron and glass pergola (once a trolley stop), statue of Chief Sealth, and colorful totem pole. From the square, head south along First to the Pioneer Square Wax Museum. Inside, you'll find 50 tableaux containing some 154 figures depicting early Seattle scenes as well as general history. It's open daily, 10 to 8. Admission is $1.60.

At the corner of First and Main Street is Grand Central on the Square, a handsome brick arcade containing more than a dozen small shops. If the day is chilly, there will probably be an inviting fire crackling away in the lobby. Be sure to explore the alcoves, side passages, and basement level; in one corner you'll find a fascinating collection of collages made from old watch parts.

Both here and in the next blocks of Main, Occidental, and Jackson Streets is a broad assortment of specialty boutiques and galleries selling everything from dried flower arrangements and Scandinavian imports (Grand Central) to Appalachian dulcimer kits (Wood Shop on Jackson) and original paintings and sculpture (several galleries on Main and Jackson).

For an open-air lunch in a sidewalk cafe, stop at Das Gasthaus on Occidental; the specialty here is a heaping board of fruit, bread, cheese, and sausage washed down with a glass of cider. If you're in the mood for French cuisine, there's the Brasserie Pittsbourg in the basement of the old Pioneer Building on the square.

You can join guided walking tours of the area that also take you into some of the historic buildings and beneath the streets to view shops covered over after the disastrous fire of 1889. Tours depart from the Blue Banjo at 610 First Avenue Saturdays at 11 a.m., 1, 3, 5, and 7 p.m. and take about two hours. Cost is $ per person. For reservations, call MU 2-4646.

Seattle's kinship with the water is strong and any visit should include getting out on Puget Sound or, at the very least, a stroll along the waterfront. There are several ways to savor the city's marine atmosphere. The easiest is a ferryboat ride from Pier 52 to Bremerton (round trip one and a half hours, pedestrians $2.10) or to Winslow on Bainbridge Island (one hour, $1.70). On either run you pass a bustle of port traffic and get some spectacular waterside views of the downtown skyline; the luxurious new superferry, *Spokane,* usually plies the Winslow run.

Seattle Harbor Tours offers one-hour excursions that take you along the Elliott Bay waterfront and past the dry docks and shipyards of Harbor Island. They depart from Pier 56, and cost $1.75. Call MA 3-1445 for reservations. Gray Line also has a two-and-a-quarter-hour cruise from salt to fresh water through the locks and ship canal twice each afternoon. The fare is $4.2 Call MU 2-1234 for time and departure point. If you prefer to paddle your own canoe, you can rent one by the hour ($1.20) from the canoe house near the University of Washington stadium.

For a waterfront walk, park beneath the Alaskan Way Viaduct in the vicinity of Pier 52 and head north. In the next mile or so, you'll pass the dock where the city's fireboats are moored, several seafood restaurants (some with walk-up stands where

you can purchase a steaming cup of clam chowder, then sit and toss bread to the seagulls), import shops, and marine supply houses (good places to shop for decorator items if your den or family room has a nautical theme). The Seattle Marine Aquarium at Pier 56 exhibits seals, sea lions, and a killer whale. It's open from 9 a.m. to dark. Admission is $1.25.

Two blocks uphill from the waterfront is Pike Street Market, one of the few remaining farmer's markets in the country. Even if you've been here before, it's always a treat to walk the long arcades lined with colorful vegetable, fish, and fruit stalls, listen to the cacophony of vendors hawking their wares, and inhale the exotic aromas wafting from delicatessens and restaurants.

Fall brings the return of Seattle's 500-vessel fishing fleet from Alaska and North Pacific waters. Salmon Bay Terminal's eight sawtooth piers (follow Elliott Avenue and 15th N.W. to the Ballard Bridge) are jammed with trollers, seiners, gill-netters, halibut, and crab boats. Any weekend there's a good chance you'll encounter fishermen mending nets and sprucing up their craft. Nearby, off Northwest 54th Street, are the Hiram M. Chittenden Locks. They offer a fine spectator show on busy weekends with hundreds of pleasure cruisers, work boats, tugs with barges, and log rafts locking through between fresh and salt water.

Seattle restaurants offer the broad variety of choices you would expect of a cosmopolitan seaport, from the typical seafood establishments to the ethnic fare found in the International Settlement. The city claims more rooftop restaurants than San Francisco—for a spectacular view at sunset, try the Mirabeau near the top of the 50-story Seafirst Building. Tillicum Indian Village on Blake Island offers a unique experience: an evening boat ride across the Sound, an Indian salmon bake dinner prepared over open fires, and a program of authentic tribal dances staged in the big cedar longhouse. It's only open through Labor Day, however. The all-inclusive price is $8. For reservations call 322-6444.

Seattle isn't particularly noteworthy for its night life, but there is a scattering of piano bars and restaurants with entertainment in the downtown area. The Olympic Hotel's Marine Room offers a conventional evening of dinner dancing along with name entertainment. For an inexpensive and offbeat evening try the Blue Banjo; it has a beer-and-peanut-shells-on-the-floor atmosphere, boisterous group singing, and a foot-stomping band.

Sunday morning breakfast at Snoqualmie Falls Lodge is a local ritual. Perched on a bluff above the 300-foot falls, the rustic lodge offers a spectacular view from table-side as well as a belt-stretching, multi-course farm breakfast ($5). To get to the lodge from Seattle, head east on I-90 for about 24 miles to the turnoff at Snoqualmie (not Snoqualmie Pass), then follow the signs to the falls. Sundays are popular and breakfast is often booked up well in advance so reservations are a good idea. Write P.O. Box 463, Snoqualmie, Washington 98065 or telephone (206) 888-2451.

A half mile down the road from the lodge, the Puget Sound and Snoqualmie Valley Railroad operates a steam excursion train along with an extensive museum of locomotives, trolleys, and other railroad equipment. It's open Sundays only, 11 to 6. Admission and train fare is $1.

If you prefer to spend Sunday in town, drive or ride the monorail out to the Space Needle for brunch (9 to 3, $2.95 to $4.95; call MU 2-5656 for reservations). Linger an hour and your table will complete one revolution of the restaurant, giving you superb views of Mounts Rainier and Baker, the Cascades, the Olympics, and the island-dotted sound. After brunch, spend an hour or so strolling through the 74-acre landscaped grounds of Seattle Center. Be sure to pause and witness the delightful sound and water sculpture show at the International Fountain. The Pacific Science Center here is open from 11 to 7 on Sundays. Admission is $1.50.

Four well planned self-guiding scenic drives around the city are marked by red, white, and blue signs bearing a trident and the number of the route. Number 1 heads north and west from Aurora at Denny; Number 2, east and north from Olive at Fifth; Number 3, south and east from Fifth and University; Number 4, south and west from Alaska Way at Yesler.

Be sure to stop at the University of Washington Arboretum; fall foliage turns this lovely park into a blaze of color. Adjacent to the Arboretum, a nature trail leads from the Museum of History and Industry (open noon to 5 Sundays) though marshlands beside Lake Washington to Foster Island.

For additional information, write the Seattle/King County Convention and Visitors Bureau, 1815 7th Avenue, Seattle, Washington 98101. ■

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Planning a dinner party

Sumptuous or simple, a dinner party these days represents a sizable investment. By laying the groundwork in advance, you can help ensure a successful evening, one you can enjoy along with your guests. These suggestions can make your planning easier:

- Simplify your menu. Even the most elegant dinner can be based on a simple menu. Just remember that more isn't necessarily better; often it can complicate prep and serving the meal. Pla serve just a few things, but each one something special.
- Eliminate salad if it po problem. Salads are good steaks, roasts, casseroles, spaghetti, but other main d like game, duck, ham, and pork are just as good co mented with cooked fruits.
- Balance your menu. If yo serving a heavy main course, your dinner with something —say consommé sprinkled chives or a tangy cheese so If your main course is light, your dessert more substa Keep hors d'oeuvres to a mum so guests can appreciat main attraction.
- Stress quality, not quanti you want to have steak wi scuttling your budget, just moderate-sized individual tions. Then dress up the p with garnishes of sautéed m rooms, cherry tomatoes, small whole onions.
- Contrast textures, flavors colors. When your main c has a creamy cheese sauce, repeating either the cheese or the smooth texture. Eye a is important, too. If you are ing fish, your accompa vegetables should not be too in color.

And don't repeat the kinds of foods. If you are se ham with pineapple, let th the only fruit in your menu. your cooking methods shou varied, too many fried or b foods in the same menu be monotonous. Study your carefully. A selection of yo vorite recipes doesn't a make a well-balanced men

- Plan to do as much as po in advance. When guests a you'll want to be with them stuck in the kitchen.
- Plan the use of your Popovers are a delight with beef—but not if you only one oven. A last-minute disc that popovers need a 450° while your roast is cooki 350° is the kind of problem don't need, so map your st in detail. Making a written table can help you rememb the last minute things.
- Consider how you will be ing. Using a knife and fork difficult for a guest who's b ing a plate on his lap, and e delicate patty shell under cream lobster can be a prob cut for someone standing u
- Smile. It's the rare part doesn't have at least one m Expect it and train yours stay calm. If your soufflé substitute whatever you ready as a first course and r ber to keep smiling. ■

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___	Tablespoon, pcd.	27.50	**20.63**	30.00	**22.50**	32.50	**24.38**
___	Sugarspoon	15.00	**11.25**	16.50	**12.38**	18.00	**13.50**
___	Butterknife, hh	15.00	**11.25**	16.50	**12.38**	18.00	**13.50**
___	Cold meat fork	27.50	**20.63**	30.00	**22.50**	32.50	**24.38**
___	Gravy ladle	27.50	**20.63**	30.00	**22.50**	32.50	**24.38**
___	Pastry server	20.00	**15.00**	22.50	**16.88**	25.00	**18.75**
___	Sauce ladle	15.00	**11.25**	16.50	**12.38**	18.00	**13.50**
___	Lemon fork	9.00	**6.75**	10.00	**7.50**	11.00	**8.25**
___	Pickle fork	10.00	**7.50**	11.00	**8.25**	12.00	**9.00**
___	Salad bowl servers	30.00	**22.50**	32.50	**24.38**	35.00	**26.25**
___	Nut/bon bon spoon	12.50	**9.38**	13.75	**10.31**	15.00	**11.25**

(*Includes place fork, knife, and teaspoon.) Add $2.50 handling/shipping charge.
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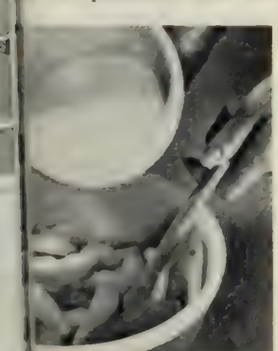
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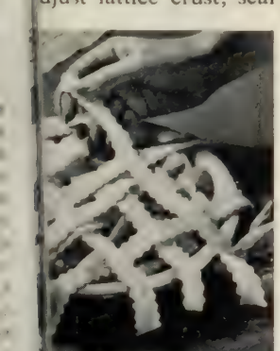
CT PEACH PIE
for 9-inch lattice-top

cup sugar
spoons all-purpose

poon ground nutmeg
nnamon
lt
sliced fresh peaches
spoons butter or
arine
pastry for 9-inch lat-
pie. Combine sugar,
tmeg or cinnamon, and
d to peaches; toss to-



ine 9-inch pie plate
y; fill with peach mix-
with butter or mar-
djust lattice crust; seal



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curely around edges.

cloths: For a round table
oor-length cloth with but-
uffling and jumbo rick-
o get an extra-chic look,
n add another shorter
r square cloth over the
ith an eight- to ten-inch
d trim the same way. For
y-style table, stitch ban-
together to desired size
stitch cotton fringe on

cases: Dress up a plain
h a strip or two of lace
oidery motifs and hand-
a design of your own.

hades: Glue tassel fringe
p and bottom of a plain
verlapping ends neatly.
the shade with rows of
, alternating colors. For
cover, measure shade
d circumference, allow-
p and bottom hems and
. Stitch hems, then rows
yelet trim. Overlap lay-
n and pin the side seam,
fit. Stitch.

: For plain or striped
hades, glue on woven
inch above hem. If you
at the trim on the win-
ne. For a period look,
nch fringe to scalloped
n.

s: Decorate sheers with
lace flowers above side
m edges. Rickrack is an
choice for cotton cafe
You can use rows of
zes or combine it with
aid trim.

's chairs: Remove the
at and back and ma-
h rows of jumbo rick-
g a heavy-duty needle.
dges with bias tape in a
g color. You also can
o create an openwork

ries: Many small items
e home, from napkin
cture frames, can use
ouch of trims. If you're
ersible place mats (one

side plain fabric and the other a print), bind the edges with fold-over braid or bias tape in a contrasting color. Brighten a waste-basket with a cover of gingham stitched with rickrack or braid.

Accessories are easier to decorate than ever with the new stick-to metallic trims. These non-tarnishing trims can be used on glass, wood, plastic, porcelain, painted surfaces, and metal—in fact, any clean and lint-free surface. They are not intended for clothing, however, as they cannot be laundered or dry-cleaned. To use them, simply remove the backing and press lightly in place with your fingertips. You can reapply the trims if necessary, then press firmly to secure. ■



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Vegetable breads



ONION BUNS

1¼ cups finely chopped onion
2 tablespoons butter or margarine
1 package hot roll mix
2 eggs
1 tablespoon milk
⅛ teaspoon salt

Cook onion in the butter or margarine till tender but not brown; remove 2 tablespoons mixture and set aside remaining. Prepare roll dough according to package directions, *except* add one of the eggs and the 2 tablespoons onion to the mixture. Cover and let rise in warm place till double, 45 to 60 minutes. Beat the remaining egg slightly; add 1 tablespoon of the egg mixture to the remaining onion mixture; add milk and salt. With lightly floured hands, shape roll dough into 12 round buns. Place on greased baking sheet and make a large indentation in center of each with fingers. Spoon about 2 teaspoons onion mixture into each indentation. Brush tops with reserved egg. Sprinkle with poppy seed, if desired. Cover and let rise till double, 45 to 60 minutes. Bake in 375° oven for 20 to 25 minutes. Makes 12 rolls.

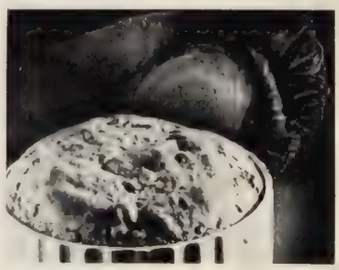
Photographs: Dieter



CARROT CLOVERLEAF ROLLS

1 package active dry yeast
4 to 4¼ cups sifted all-purpose flour
1 cup milk
4 medium carrots, cooked and mashed (1 cup)
⅓ cup brown sugar
6 tablespoons butter or margarine
½ teaspoon salt

In large mixer bowl, combine yeast and 1½ cups of the flour. Heat together milk, carrot, brown sugar, butter or margarine and salt just till warm, stirring to melt butter. Add to dry ingredients in bowl; beat at low speed on electric mixer for ½ minute, scraping bowl constantly. Beat 3 minutes at high speed. By hand, stir in enough of the remaining flour to make a stiff dough. Turn out on lightly floured surface and knead well. Place in greased bowl; turn once. Cover and let rise till double, about 1 hour. Punch down; let rest 10 minutes. Divide dough into 18 equal parts. Shape each part into three 1-inch balls. For each roll, place 3 balls in greased muffin pan. Let rise again till almost double, 30 to 45 minutes. Bake in 400° oven for 15 to 20 minutes. Brush tops of rolls with a little melted butter while hot, if desired. Makes 18 rolls.



SAUERKRAUT RYE BREAD

1 package active dry yeast
2 cups stirred rye flour
¾ cup water
2 tablespoons butter or margarine
2 teaspoons sugar
1 teaspoon salt
1 egg
1 8-ounce can sauerkraut, rinsed, well-drained and snipped
1¼ to 1½ cups sifted all-purpose flour

In large mixer bowl, combine yeast and 1 cup of the rye flour. Heat together the water, the butter or margarine, sugar and salt just till warm, stirring to melt butter. Add to dry ingredients in bowl; add egg. Beat at low speed of electric mixer for ½ minute, scraping bowl constantly. Beat 3 minutes at high speed. By hand, stir in drained sauerkraut, remaining rye flour, and enough of the all-purpose flour to make a medium dough. Knead 8 to 10 minutes or till smooth and elastic. Place in greased bowl; turn once. Cover; let rise till double, 50 to 60 minutes. Punch down; place in 1½-quart casserole. Cover; let rise 45 to 60 minutes. Brush top of bread with a beaten egg, if desired. Bake in 400° oven for 30 to 35 minutes. Makes 1 loaf.

Windowsill plants

A windowsill is the ideal spot for small specimens. You can find a surprising variety of plants that will not quickly outgrow their tight quarters. Here, for example, are dwarf palm, philodendron, cactus, jade plant, and waffle plant.



Photograph Hopkins

f your windowsill is too narrow to accommodate even three-ıch pots, you can readily widen it by making a simple shelf. 'or the window shown, we used quarter-inch plywood, five ıches wide and 32 inches long, faced with ⅜x1-inch wood trips. The plywood is screwed to the underside of the sill. 'wo triangular wood braces provide extra support.

If you have narrow trays to hold the pots and catch moisıre, well and good. If not, waterproof the shelf with fiber lass resin to extend its life and maintain a neat look.

For a bigger show of plants, use supported glass shelves. ust screw wall mounting standards (available in a choice of ngth) to sides of window casing, insert brackets into slots t desired heights, and put glass shelves in place to hold the lant collection. If the top shelf is out of easy reach and you eed a ladder to get to it, put the drought-resistant plants o there. Then, if you get lazy once in a while, you run less sk of losing a plant from lack of water.

South and west windows not shaded by trees or building e best for growing plants that thrive in strong light, such as ıcti, succulents, and geraniums. North and east windows ovide good light for African violets, ivies, and ferns. You ould be able (with a thin glass curtain or venetian blinds) regulate light intensity, which varies from day to day and different times of the year.

Always pot plants individually. Then you can grow various ants with different moisture requirements and have no oblems. In general, water when soil starts to dry out. ratch the soil with your finger. If that doesn't appeal to ou, learn to know your plants by weight. Heft them from ne to time. When they're heavy, they have enough moisre. When they feel light, you know it's time to water. This n't as tricky as it sounds—you'll catch on in no time. Remember, too, that soil holds moisture longer in plastic pots an it does in clay ones.

Another advantage to growing plants separately—you can sily remove an ailing specimen that endangers other plants.

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R How can you save money on prescription drugs?

Prepaid prescription plans may be an answer. When they are managed well, they can save you considerable expense. Although these plans are not widespread yet, they may cover as much as 70 percent of the population by 1975, either through government programs or union contracts or other employee benefit plans.

Prescription drugs cost on the average about seven percent of the annual health care dollar—but for people who are seriously ill or who must stay on maintenance medication programs, the cost can be much more. Recent trends indicate that there will be an increase in the number of prescriptions per person and thus in the amount of money people will spend for medicines.

Every family is vulnerable, including yours. It's well worth finding out from your employer or your insurance representative whether there is a plan you can join now. If not, you may be able to interest your employer, union, or some other organization in creating a prescription drug benefit program for employees.

How do prepaid plans work?

Basically, there are two types of programs: the service plan and the reimbursement plan:

- *The service plan* operates through participating pharmacies where prescriptions are filled as they are presented by members of the plan. The pharmacist submits claims each month to the claims office of the insurance company or administrative organization handling the program.

Pharmacists who participate in the program agree to charge the member no more than a set "co-pay" amount per prescription. That means you pay part and the program company pays part. Specific proportions depend upon individual plans.

In return, the sponsor pays the pharmacy's claims for the acquisition cost or wholesale price, plus a dispensing fee per prescription—minus the co-pay amount paid by the member.

In some plans the pharmacy pays a fee to participate in the drug program, on the theory that participation often increases the number of prescriptions brought to the pharmacy, so costs should be shared by the pharmacy.

As a covered participant in the service plan, you would present a participating pharmacist with your prescription, together with an identification card indicating your membership in the plan. Then you would ante up your portion of the co-pay amount prescribed in your particular plan.

With such an arrangement, the pharmacist carries the burden of keeping records, filing claims, and collecting payments for prescriptions filled. Most service plans include some provision for filling prescriptions with nonparticipating pharmacies, but you'll probably pay a bit more.

Normally, service plans limit the per-prescription or refill quantity to a 34-day supply, although there are sometimes exceptions for maintenance medication. That enables the participating pharmacy to defray some administrative costs by collecting the co-pay amount and the dispensing fee more frequently. The price of this particular provision could be significant to you when the co-pay amount is as high as two dollars and you are taking prescribed medicines over a long period of time.

- *With a reimbursement plan,* you can have your prescriptions filled at any pharmacy. Just take the prescription to the pharmacist and ask him to fill out and sign a form describing the medication and stating the retail price paid.

You pay the retail price for each prescription and send prescription forms filled out by the pharmacist to the administrator or sponsor of the plan. In turn, at the end of each month you are reimbursed 75 to 100 percent of the amount you have paid, depending on the co-pay or deductible amount set up in the plan. The processing of your claims usually is handled by an administrative organization which specializes in handling small claims.

From the consumer's point of view, the service plan offers greater convenience because you are not required to fill out and mail forms to obtain benefits; you save right on the spot, rather than waiting to be reimbursed at the end of the month.

The reimbursement plan offers the advantage of a wider choice of pharmacies. Usually the limitation on the quantity per prescription or refill is more liberal than that imposed by the prescribing physician. Reimbursement plans also may be more flexible about coverage of nonprescription items.

Both service and reimbursement plans normally are underwritten or financed by insurance companies on a group basis—usually in connection with other medical benefits. Plans may be administered by the insurance company that specializes in the economical processing of large numbers of small claims.

What do the plans cover?

Drugs and medicines vary slightly from plan to plan, but usually they include all prescription drugs —that is, medicines which are required to carry the legend: "Caution: Federal law prohibits dispensing without prescription." Frequently, injectible insulin, which does not require a prescription in some states, is covered, too. Some plans also cover a limited number of nonprescription items when they are necessary for the treatment of illness.

What isn't covered?

Common exclusions and exceptions in most of the existing plans include:

- Birth control drugs or devices. (Plans that cover contraceptives normally do so at a higher cost to participants.)
- Prescriptions for which normal charges would be less than the deductible or co-pay amount. (Not true for reimbursement plans, because they pay a set percentage no matter what the amount.)
- Therapeutic devices or appliances, such as syringes, hypodermic needles, heat lamps, or support garments.
- Charges for prescriptions or refills in excess of the amount prescribed. (Actually, it's illegal for the pharmacist to give you more than the prescription states.) With most service plans, charges for quantities in excess of a 34-day supply (some plans make it up to 100 days).
- Charges for any medication for which the participant is entitled to collect under other benefit programs.
- Any medicine or device that does not require a prescription under federal and/or state law.

What are the advantages?

Basically there are three:

- *You save on charges for prescribed medicines.* The average price per prescription last year ran between four and five dollars. As a member of a prepaid plan, you would pay no more than the co-pay amount of two dollars or less, depending on the plan.
- *You can budget drug costs better.* Not only do you pay less per prescription, you can predict what was previously an unknown expense. You know that each prescription filled will cost no more than the co-pay amount.
- *You can afford to buy the drugs you need.* Your physician can prescribe necessary medication, and you can have prescriptions filled without undue concern over costs.

What can you do about drug costs now?

Even if no plan is available to you now, here are some ways to save money on prescriptions:

- Ask your doctor to specify on your prescription a particular manufacturer's medicine he knows to be effective, but less costly, than others of the same type. Often this is a better approach than asking for just the *generic* rather than *brand* name, since there can be a considerable range of costs and effectiveness among some generic medicines.
- Compare prices for prescription as well as over-the-counter drugs.
- Ask the price before giving a pharmacist your prescription. Phone inquiries can save you time as well as money. When a pharmacist refuses to give price information by phone, look for another pharmacy.
- Ask about prices for drugs and medicines before you are sick. Very often certain pharmacies charge lower prices than others on most prescription and nonprescription items. It pays to know in advance, because you won't feel like comparing prices when you are sick. Keep in mind, however, that pharmacies offering lower prices may not provide delivery service which can be very important when there is illness in the family. ■



Main dish salads

CORN CON CARNE SALAD

This meat and vegetable combination makes a flavor fiesta—

6 cups torn lettuce
1 15½-ounce can chili-style beans in chili gravy, chilled
1 12-ounce can whole kernel corn with peppers, chilled and drained
1 cup (4 ounces) sliced hard salami cut in 2-inch sticks
½ cup chopped celery
2 tablespoons finely chopped onion
¼ cup mayonnaise or salad dressing
½ teaspoon worcestershire sauce
¼ teaspoon chili powder
¼ teaspoon salt

In large salad bowl, combine lettuce, chili-style beans, corn, salami, celery, and onion, stirring lightly. In small bowl, blend together mayonnaise, worcestershire, chili powder, and salt. Add mayonnaise mixture to vegetables and meat in salad bowl; toss well to coat. Makes 8 servings.



Photograph, Dieter

SHRIMP-AVOCADO SALAD

A creamy avocado dressing moistens this seafood, vegetable, bacon, and cheddar cheese salad—

½ cup buttermilk
1 3-ounce package cream cheese, softened
1 small avocado, pitted, peeled, and cubed
2 tablespoons lemon juice
1 small clove garlic
½ teaspoon salt
¼ teaspoon bottled hot pepper sauce
6 cups torn lettuce
1 pound peeled and cleaned shrimp, cooked and drained
18 cherry tomatoes, halved
6 slices bacon, crisp-cooked, drained, and crumbled
4 ounces natural cheddar cheese, cut in strips
Freshly ground pepper

In blender container, place buttermilk, cream cheese, avocado, lemon juice, garlic, salt, and hot pepper sauce; cover and blend till smooth. Place lettuce in six individual salad bowls. Arrange shrimp, cherry tomatoes, bacon, and cheese strips over each serving. Sprinkle with pepper. Spoon some dressing over each salad. Makes 6 servings.



MOLDED HAM AND POTATO SALAD

Serve slices or squares of this calico gelatin salad—

1 envelope unflavored gelatin
¼ cup cold water
1 can condensed cream of potato soup
½ cup milk
½ cup dairy sour cream
1 teaspoon lemon juice
1 teaspoon prepared mustard
1 cup finely diced cooked ham
½ cup chopped celery
2 tablespoons chopped pimiento
2 tablespoons sliced green onion
¼ teaspoon dried dillweed

Soften unflavored gelatin in cold water. In saucepan, combine soup, milk, and softened gelatin. Stir over low heat till gelatin is dissolved. Remove from heat; stir in sour cream, lemon juice, and mustard. Chill gelatin mixture till partially set. Fold in remaining ingredients. Turn into 9x5x3-inch loaf pan. Chill till firm, 4 to 5 hours or overnight. To serve, unmold onto lettuce-lined platter. Garnish with hard-cooked egg slices and parsley, if desired. Makes 4 servings.

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How safe is your bathroom?

You might not think of your bathroom as a danger zone but that's what it is. To keep your family's bathrooms as hazard-free as possible, check these suggestions:

Electricity

Water and electricity don't mix safely, and a bathroom necessarily offers both. Make sure children are fully aware of the danger. Keep electric appliances out of the bathroom wherever possible; radios, TVs, electric heaters, and hair dryers are particularly hazardous. If you must use an electric appliance place it out of reach of anyone in the tub or at the washbowl. Be sure the appliance is grounded with a three-prong plug and outlet. Also caution members of your family not to touch any electric fixture or appliance when their hands are wet or while they're standing in the tub or on a damp floor.

Safety pointers:

- Buy only electric razors and toothbrushes which have a U.L. label.
- Replace electric light pull chains with wall switches which are beyond the reach of a person touching faucets, water pipes, and radiators.
- Use extension cords on appliances only in emergencies, and then use rubber-covered, U.L.-listed cords.
- If you use an electric heater, be sure it has U.L. listing and is in good condition. When replacing cord, use the same type and quality as the original, whether rubber-covered or asbestos.

Falls in the bathroom

- Place a nonskid rubber suction mat in the bottom of the tub, or apply adhesive vinyl designs to prevent slipping.
- Add handgrips or bars to facilitate getting in and out of tub. You might choose handgrips on the wall beside the tub, or bar types which bolt on the front side of the tub itself, or L-shaped bars. Fasten grab-bars with long screws into studding, not just into lath and plaster.
- Make sure shower curtain rods are anchored firmly so they can serve as a grab bar for anyone standing up in tub.
- To prevent a dropped bar of soap from becoming a slippery hazard, provide a wall soap container, attach a corner soap-caddy at shower height, or use shower soap on a rope.
- Clothes drip-drying in the bathroom can cause slippery water spots. Make sure they drip only into the tub.
- For surer footing on tile or vinyl floors, use fairly large slip-proof rugs, especially in areas near tub or shower.

Drowning hazards

When you bathe babies and small children, give them your *undivided attention*. It takes only a few moments for an infant to drown in small amounts of water, so let the door bell or phone ring! Hang a sign "Bathing baby—come back later" on your front door to keep neighbors from dropping in at bath time. Keep the bathroom door shut to keep out crawling infants and toddlers—never let them play in the bathroom unattended.

Burns

Test bath water before stepping in, and give it the "elbow test" before plopping youngsters into it. If shower temperature fluctuates due to changing water pressures, install a safety faucet. Preset for maximum temperature desired, it will mix hot and cold water to order. A mixer faucet instead of two separate washbowl faucets will prevent burns. Don't keep water heater temperature at highest peak.

Cuts

Be sure glass shower enclosure is the recommended "safety or tempered" glass. Replace ordinary glass with safety glass or plastic panels, or remove the glass completely and use shower curtain. Some states now ban the use of ordinary glass in new installations.

If a bottle breaks on the bathroom floor, vacuum and damp-mop to remove particles after picking up visible pieces.

Poison

Keep medicine chests locked and buy medicines in child-proof containers. After an illness, throw away prescription medicine by dumping it down the drain, and rinsing containers before discarding. Put strong cleaners on shelves above the reach of children. Don't mix cleaners, either; some combinations produce hazardous gases.



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Shrimp Scampi (Serves 6)

Shell, devein and dry 3 pounds raw shrimp. Sauté in ¼ inch of olive oil over high heat, shaking skillet, for 5 minutes, or until shrimp are bright pink. Season with salt and pepper. Remove to hot platter. To oil still in pan, add 3 garlic cloves, finely chopped, and ½ cup finely chopped parsley. Shake pan over high heat for a few seconds. Pour sauce over shrimp.

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Harvest table settings



Photographs: Hopkins

A woven basket scoop holds crossed ears of Indian corn, strawflowers, and cattails. Scoops of all types make novel containers but they must be stabilized so they won't roll or turn over. As a base for the scoop, we used an oval box lid with dabs of posy putty at each end. Inside of the scoop is fitted with a square of plastic foam. After anchoring foam with putty, we inserted cattails and strawflowers cut at various lengths. If you want to use fresh flowers, insert a custard cup. Toothpicks secure the Indian corn. Rough basketry place mat, Taos pattern pottery, and textured tumbler carry out the harvest theme.



Rustic vegetable vignette consists of a small pumpkin, artichoke, peppers, eggplant, and a bunch of wheat. When working with vegetables always use a base to unify the various shapes. We used three wooden stands—but a tray, plate or place mat works just as well. Start with the larger forms—placing the pumpkin in the center and securing the wheat stalks behind it on a small needlepoint. Vegetables of varying shapes and colors don't always tilt to suit the arranger's composition. Decide first how you want them to go, then form a circle of floral putty to hold them at the correct angle.



Fruit, flowers, and greens are arranged in and around two peach baskets. These inexpensive baskets found at florists and grocers, are ideal for autumn arrangements. We painted our baskets a glowing orange, then glued on a Roman stripe fabric around the edge, center, and handle of the larger basket. Napkins of the same material carry out the color scheme. A custard cup in the bottom of the larger basket holds a few sprays of flowering branches and greens. Smaller basket is placed on its side and held with posy putty. Arrange fruit to look as if it's spilled from the basket.

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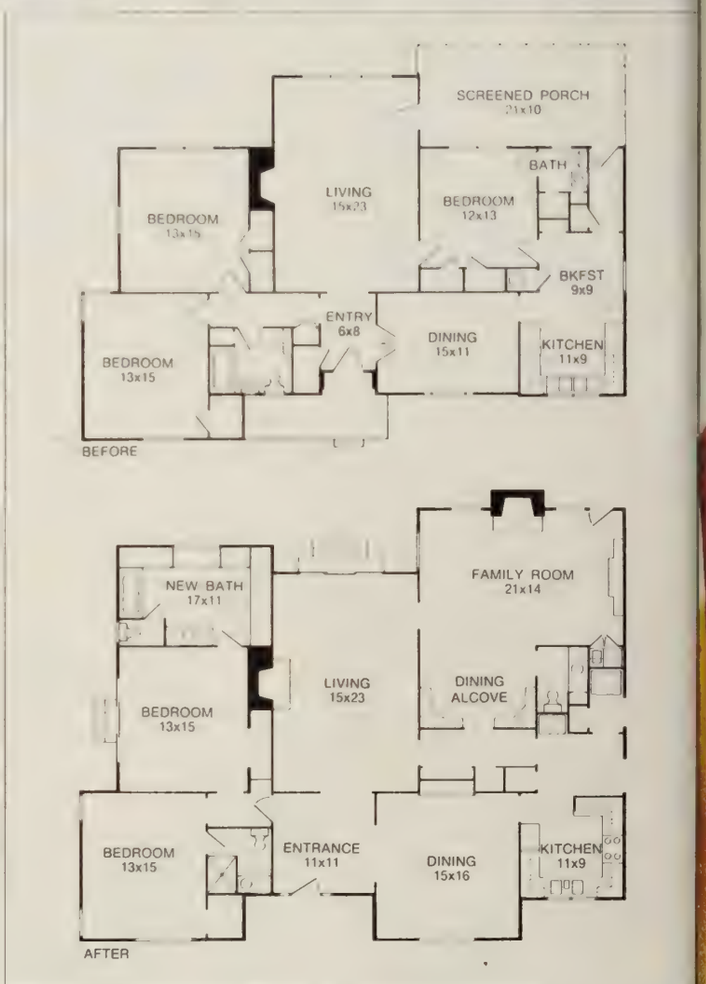
After your children have grown and left home, your house may seem too big for only two people. What can you do about those empty rooms and wasted space? Well here's one family's solution, and it just might work for you too.



Photographs: Rogers



Architect: Watson McClure, A I A



After 25 years of raising a family, the owners of this house suddenly found they had it all to themselves again. Instead of moving to a smaller home, they decided to completely remodel their house to suit their new needs. The before and after floor plans above show the results.

By enclosing an old screen porch and eliminating an unneeded bedroom, the owners created space for a 21x14 informal entertaining area. Adjacent to this room is a new dining alcove that serves for casual meals. Opposite, the formal dining room was expanded five feet at the front of the house. This addition helped give the remodeled front exterior (see before and after pictures at top) a balanced look. Adding a spacious 17x11 bath to the rear bedroom changed this former kids' room into a master bedroom suite. Sizing down the former main bathroom at front supplied space for an 11x11 entry hall.

continued

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continued

Sizing down a big house



The new entry above provides a spacious introduction to the remodeled interior. With fewer but bigger rooms than before, the house now has a floor plan tailored to gracious living and formal entertaining. Antique furniture used throughout the house contributes to the look of elegance.





The family room above left is now equipped for the quieter pursuits of reading, watching television, or conversation. Adjacent to this room is the dining alcove, above right, that contains a table for two, ideal for everyday meals. Lighted display cabinets hold a collection of artwork and artifacts.



When you needn't worry about every square inch of floor space, you can indulge yourself—witness the master bedroom's new 17x11 bath, above. Twin closets on either side of the wide vanity table provide space for the wardrobes. Opposite the vanity table is a two-sink counter complete with mirror.

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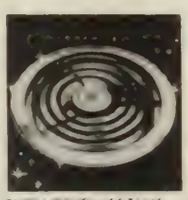
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How good an investment are diamonds?

Diamonds may be a girl's best friend, but don't think of them as an investment in the conventional sense of the term. One reason is that usually you must buy at retail, yet sell at wholesale. With the retail markup on jewelry generally 100 percent of its wholesale cost, your "recovery price" is seldom more than one-half of your diamond's current retail value (as little as one-third in the case of some jewelers).

Say you bought a fine, white, one-carat diamond for $900 back in 1962. (Actually, federal and local taxes could have boosted your cost by another $100 or so.) Ten years later, the same diamond, although worth more at retail, would bring you no more than $950, according to the wholesale prices (compiled periodically by monetary expert Dr. Franz Pick). From this you would have to deduct the $125 you probably would have paid out in insurance to protect the diamond during the ten years you owned it. This leaves you with $825. That's far less than the $1,242 needed in 1972 to replace the consumer goods $900 would have bought ten years earlier, thanks to inflation.

If you were looking for an investment, you could have done much better putting your money in stocks. Slightly over $900 invested in I.B.M. in 1962 would have been worth about $4,300 in 1972 and earned you close to $500 in dividends over the ten-year period.

On the other hand, you also could have lost your shirt, even though $900 invested in all the securities on the Dow-Jones Index would have appreciated to $1,710. To play it safe, you probably would have been best off putting your money into a savings bank; with interest, your $900 would have grown to over $1,400 ten years later.

Yet, if your heart is set on a diamond, how do you select one most likely to hold up in value over the years? You must evaluate four basic characteristics that experts use to determine a diamond's value; size, or carat weight; degree of perfection, or clarity; color; and cut.

- *Size.* Tiffany's Henry B. Platt offers two rules of thumb for maximum value. First, if you buy a ring, get one with just one big diamond (a solitaire) rather than with many little ones, so you'll avoid paying the disproportionately large amount that goes into cutting the many stones. Secondly, since large stones are less plentiful in nature than small ones, be aware that the large stones—other things being equal—are worth proportionately more *per carat* and also tend to appreciate more in value. A one-carat diamond might cost three times as much as a 50-point (½-carat) stone of the same quality; a three-carat stone might be worth five or six times more than a one-carat stone.
- *Degree of perfection.* Very few diamonds are absolutely perfect. A so-called "flawless" diamond, according to Federal Trade Commission specifications, is one whose imperfections (bubbles, carbon spots, or other flaws) cannot be seen under ten-power magnification. Next best in terms of clarity are "very, very slightly imperfect" (VVSI) diamonds.
- *Color.* Although diamonds come in every color of the rainbow, among the rarest and most valuable are the clear white ones, without color. Be wary of that much overworked term "blue-white," which is often used indiscriminately to describe inferior stones. Actually, a diamond cannot be called blue-white unless it is so completely clear and free of color that, like the purest ice, it may take on a blue cast. But such diamonds are exceedingly rare.
- *Cut.* This refers not only to the process by which a diamond is changed from a rough to a faceted stone—and the craftsmanship employed can of course vary—but also to the shape of the stone. In a diamond of three carats or less, a round, or "brilliant," cut is the most popular shape and hence will have the greatest resale value. If the stone is four or five carats, buy a round or rectangular emerald-cut. Over five carats, the preferred cuts are emerald, marquise (elliptical), or pear-shaped. Again, keep in mind that although the larger stones (say, over three carats) may hold up in value best, you may not always be able to sell them as quickly as the smaller stones.

Most reputable jewelers, however, would prefer that you not think of diamonds as a financial investment, but rather as an investment in the beauty, sentiment, and emotional satisfaction that go with ownership. ■



1880: It took 29 people 10 weeks to complete a single plate.

1973: It takes 29 people 10 weeks to complete a single plate.

At Wedgwood, we believe some things are best done the old way. Which is why we're still making china by hand.

The pattern you see here is Columbia Enamelled. Each of the many colors in the highly decorated motif is carefully painted on by a skilled artisan. (The same person who begins a plate sees it through to the end. In this way, each brush-stroke on that plate has the same weight and feeling to it.) Then the trim is brushed on—by hand, of course.

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A simple design for vacation fun

Joined by an entry hall, these two 20-foot-square units make up a truly fun-for-all vacation retreat for the entire family. The modular units can be placed close together as shown in the plan, or they can be separated with an extra-long storage hallway.

The total cost for this home, less shipping, set-up construction, and finishing costs, was less than $7,000. This includes all lumber, hardware, windows, and doors. Since all the materials are precut and clearly marked, the units can be assembled with semi-skilled labor.

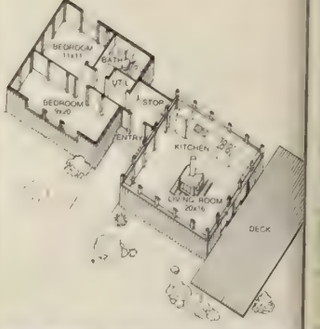
The finished house lives bigger than it looks. The deck off the living room (top picture) provides a perfect setting for an outdoor lunch or a late-night get-together with the family.

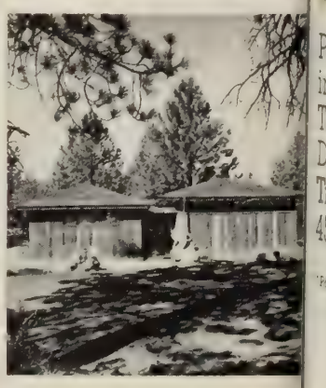
A large prefab fireplace separates the living area from the kitchen. Here there's lots of space plus a fast-service breakfast bar at the end of the appliance counter (center picture).

Photographs: Charles Pear









Crêpes au Saumon without Planters Oil is only stuffed pancakes.

Have you ever wondered if there's something secret in the way the French make crêpes?

Crêpes, when the French make them, are thin, light and delicate. They get them that way by cooking them in peanut oil. And you should, too. In Planters Peanut Oil.® Because Planters adds a light, subtle flavor. Just enough to give your Crêpes au Saumon that special something. And Planters Oil is natural, with no chemicals added.

Peanut Oil isn't exactly a French secret. The Japanese, Indians, Chinese, Italians and Americans cook with it, too. Make Planters Oil your secret ingredient. Things will taste the way they were meant to.

In a small mixing bowl beat *2 eggs* and *⅔ c. milk*. Beat in *½ c. flour, 2 t. sugar* and *¼ t. salt*. For each crêpe, pour 2 T. batter into a hot 5 or 6-inch skillet lightly oiled with Planters Peanut Oil. Tilt quickly so that batter covers bottom of pan. Cook over medium heat until set and bottom is lightly browned. Set aside.

Press *2 cloves* into *1 peeled onion; mince another onion*. Combine *¼ c. Planters Oil, ¼ c. flour, ¾ t. salt* and *⅛ t. white pepper* in a saucepan; blend until smooth. Add whole and minced onion. Cook over medium heat, stirring constantly until thick and bubbly, about 2 minutes. Remove from heat.

Gradually blend in *1 c. cream* and *1 c. milk*. Bring to a boil, stirring constantly. Remove from heat; discard clove studded onion. Stir in *2 T. sherry;* set aside *1 c. sauce*. Blend small amount remaining sauce into *2 slightly beaten egg yolks;* return to saucepan, stirring vigorously. Bring to a boil, stirring constantly. Remove from heat; stir in *1¼ lb. salmon,* cooked, boned and flaked or *one 1-lb. can* drained, boned and flaked.

Spread equal amounts salmon mixture down center of crêpes. Fold sides toward center and overlap.

Arrange in large baking dish. Top with reserved sauce; sprinkle with *2 T. grated Parmesan cheese*.

Bake at 375° for 20 min., or till hot and bubbling. Garnish with parsley. Serves 4-6.

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West Virginia Glass Company, Weston, West Virginia

and noise buffer between house and street. The deck off the entry court gives the master bedroom its own outdoor area (see floor plan). A door off the garage provides a private entryway to the courtyard also.

The house contains 2,200 square feet of living space, all well planned to provide a spacious, private family environment on a narrow city lot.







Photographs: de Gennaro. Architect: Louis E. Rodwe



A garden view for every room

Like a forest glen, this shady garden is a welcome retreat from the workaday world. The entire house, in fact, although located in the city, has a private, country-like atmosphere. At the rear of the house, both the living and family rooms (top right) border the lush garden (right). Sliding glass doors give access to the fence-enclosed garden. Both the dining room and kitchen have large windows that let in the greenery-filled view.

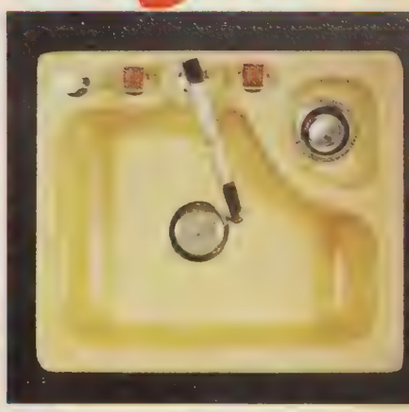
From the outside front (far right) the house looks crisply contemporary, even with its windowless walls. Entering through massive wood gates, an arriving guest finds a central courtyard that serves as a space



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Kohler offers sinks in 2 colors to make your kitchen righter, cheerier, lovelier, velier. Enameled cast iron eans long life—acid-resisting -less disposer vibration. elf-rimming feature for neater pearance.

Bottom: The Trieste 43" x 22") sink in Tiger Lily. arge twin basins and ample aste-disposal basin for all your itchen needs. Shown with ohler's new Centura single- ontrol faucet.

Upper left: Lakefield 33" x 22") in Avocado. Has rge dishwashing basin and aste-disposal compartment. aucets are Kohler Flair.

Upper center: The Swinger pray-control device. Fits most tchen spouts. It aerates, vivels, and rinses sinks clean.

Upper right: The Urbanite 25" x 22") in Harvest Gold. pacious dishwashing basin nd waste-disposal compartment ve you large-sink convenience the smallest of kitchens. aucets are Kohler's Alterna.

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The pool comes with the house

By planning the pool as part of the house from the start, this architect merged outdoor and indoor living areas with maximum effect. Each room along the main living corridor has a wall-wide window view of the fence-enclosed terrace and pool. When weather permits, the owners open the living room's glass doors (bottom picture) to meld outdoors and indoors.

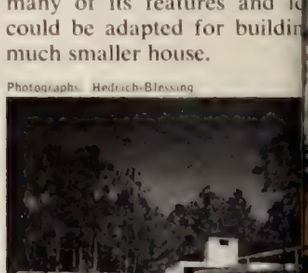
The pool and terrace take the entire backyard—so the no wasted space there (see picture from top). High fence back keep the pool and the dow-exposed house secluded.

At front (top picture), house is set back off the road ensure a low noise level. To m tain privacy, the owners sele narrow ceiling windows for ural light without a view to street. Trees and bushes along entryway were saved to giv natural look to the house.

Inside, the sunken conve tion area (second from bott offers a trim fireplace and w around railing with built-in b shelves. The mixture of flagst brick tile, and slate gives the ing room an interesting pleasing variety of textures, ors, and geometric shapes.

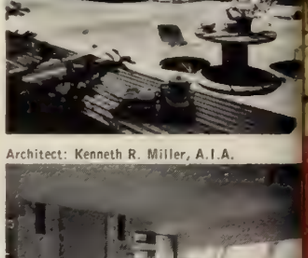
Though perhaps th's is n house than you can afford m many of its features and i could be adapted for buildi much smaller house.

Photographs: Hedrich-Blessing





Architect: Kenneth R. Miller, A.I.A.





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Meringues made easy

Who says meringues are "tricky"? After all, they're simply a mixture of beaten egg whites and sugar. Usually cream of tartar is also added to stabilize the meringue, and a little salt to enhance the flavor. In these three meringue desserts, we've added a variety of other flavors such as brown sugar and coffee powder, too. Before you start to prepare these luscious desserts, here are a few pointers that will help lead you to success.

Separate the eggs carefully, making sure no yolk is mixed with the whites. The mixer and the mixing bowl should be free of any trace of fat. Plastic bowls are usually not recommended for beating egg whites.

Meringues are made in two stages: first the egg whites are beaten with cream of tartar and salt till foamy, then the sugar is added very gradually as the beating continues. When the sugar is dissolved and the meringue peaks stand up straight when you remove the beaters, you've beaten long enough. You'll know the sugar is dissolved if you can feel no crystals when you rub a little of the meringue mixture between your fingers or on your tongue.

Photographs: Dieter







MELLOW PRALINE MERINGUES

Pipe meringue through a pastry tube for a crown effect—

3 egg whites
1 teaspoon lemon juice
¼ teaspoon cream of tartar
½ cup granulated sugar
½ cup packed brown sugar
1 quart vanilla ice cream
½ cup packed brown sugar
½ cup whipping cream
4 tablespoons butter or margarine
1 teaspoon vanilla
¼ cup toasted chopped almonds

Line baking sheets with plain brown paper. Trace 8 circles on paper, each 3½ inches in diameter. Beat egg whites, lemon juice, and cream of tartar to soft peaks. Gradually add the ½ cup granulated sugar and the first ½ cup brown sugar, beating to stiff peaks. Pipe through pastry tube onto prepared circles. Bake in 275° oven for 1 hour. Turn off oven. Let cool in oven with door closed for 2 hours. Remove meringues from paper. Fill each meringue with a scoop of vanilla ice cream. Top with *Praline Sauce*: In small saucepan, combine the remaining ½ cup brown sugar, the whipping cream, and butter or margarine. Bring to full rolling boil, stirring constantly. Remove from heat; stir in vanilla and chopped toasted almonds. Cool. Makes 8 servings.

MERINGUE BANANA SPLITS

Pop desserts into the oven during dinner and they'll be golden by dessert time—

2 tablespoons sugar
2 tablespoons apricot jam
6 soft macaroon cookies, crumbled (1 cup)
4 ripe firm bananas
2 egg whites
¼ cup sugar
½ teaspoon instant coffee powder
Toasted chopped almonds

In small saucepan, mix together the 2 tablespoons sugar and the apricot jam; heat to boiling. Remove from heat; stir in crumbled cookies, tossing to coat. Peel bananas; cut in half lengthwise. Brush with a little lemon juice to prevent darkening. Spread four of the halves with apricot filling; top with remaining banana halves. Place 4 inches apart on ungreased baking sheet. Beat egg whites to soft peaks. Gradually add the ¼ cup sugar and the instant coffee powder, beating to stiff peaks. Spread meringue over bananas, covering each completely and sealing edges to baking sheet. Bake in 350° oven for 12 to 15 minutes or till lightly browned. Carefully remove to serving dishes. Garnish with almonds, if desired. Serve immediately. Makes 4 servings.

MOCHA FLOATING ISLANDS

Serve with small tea cookies—

2 egg whites
⅛ teaspoon cream of tartar
Dash salt
¼ cup sugar
2 cups milk
¾ cup semisweet chocolate pieces
2 tablespoons sugar
2 teaspoons instant coffee powder
2 beaten eggs
2 beaten egg yolks

Beat egg whites with cream of tartar and the dash salt to soft peaks. Gradually add the ¼ cup sugar, beating to stiff peaks. In medium skillet, simmer the milk almost to boiling; drop meringues in 6 spoonfuls onto hot milk. Cook slowly, uncovered, till meringues are firm, about 5 minutes. Drain meringues on paper toweling. Pour the hot milk into heavy saucepan; add chocolate pieces, the 2 tablespoons sugar, and the coffee powder. Cook and stir just till chocolate melts. Gradually add a small amount of hot liquid to eggs and egg yolks, stirring constantly. Return to saucepan. Cook over low heat, stirring constantly, till mixture thickens, about 1 minute. Cool quickly in pan of ice water. Pour into six serving dishes; top each with a meringue. Chill till serving time. Makes 6 servings.



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Perennial how-to

Two things determine the best planting time for perennials: first, the growth habits of the species, and second, the part of the country where you live. In colder regions, transplant at least six to eight weeks before freezing weather so roots have time to get established. Some perennials may not survive in northern states if you transplant them in fall, but the plants featured beginning on page 92 are suitable for fall planting, with proper handling. With this work done, you'll have more time for spring chores.

Some nurseries and garden stores sell perennials already growing in containers. In fall and spring, perennials are also available as dormant bare roots, and these usually cost less than container plants. You can move dormant roots with very little risk of loss. If you don't plant container perennials in the fall in time for them to get established, they may suffer damage or even die from alternate freezing and thawing in winter.

PREPARING THE PLANTING AREA

Whether you're planting perennials in a bed, border, or other area, prepare the soil before planting. If you have to remove sod, strip off the top layer, and try not to take more than an inch of soil. The best soil lies near the surface. Use a spading fork to remove grass and weed roots left when sod is removed. Locate perennials at least three feet from any tree or shrub so they won't have any massive roots to contend with. Spade the soil well, turning it over to a depth of eight to ten inches if possible. Then rake the soil to level it, remove all stones, and break up clods. Use a spading fork to work in a two- to four-inch layer of peat moss or well-rotted cow manure.

Drawings: Rhi Fox Studios



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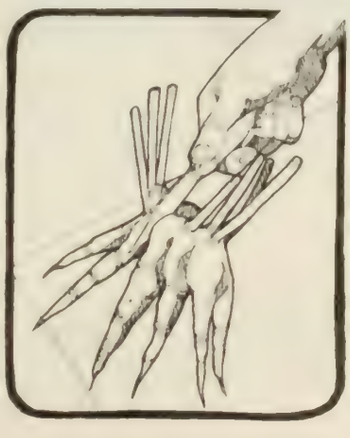
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PLANTING PERENNIALS

It's difficult to generalize about planting perennials because each is somewhat individual. However, here are some steps to help ensure success. First, set plants at the proper depth—at the same level they were growing the previous season. Next, provide adequate space for roots so they're not crowded. Dig a hole larger than the roots and spread them out so they can get established. Last, when filling in around the plant, firm the soil to eliminate air pockets around the roots. Water thoroughly.

Mark the location of new plants, especially in the fall. Cover with a light mulch for winter. In spring, remove mulch but keep some handy to throw over tender new growth in case of a late frost. Cultivate the soil lightly so as not to damage new growth.

GUIDE TO GROWING PERENNIALS



Here are tips on growing perennials featured in this issue.

Peony

You can buy peony starts in most garden stores, or you can cut sections of roots from established clumps, as shown. If you dig up an old clump, avoid breaking it up if possible. Wash it off, then use a sharp knife to cut sections so that three to five prominent buds remain on each new division. Check on this when you buy, too, so that each start has healthy buds or "eyes." Peony starts will need a fairly deep (12-18 inches) hole to accommodate roots, but keep the buds only about two inches below ground level. Cut off old stems near the surface after filling over roots

continued

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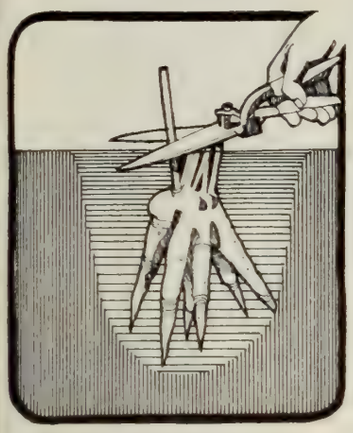
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continued

Perennial how-to



Planting a peony
It's better to set peonies a bit too shallow than too deep. Set them in well-drained soil, with full sun or partial shade. You can let peonies grow indefinitely—they will reach mature size in three to five years after planting, but won't get out of control like some perennials. Plant several feet apart for best effect.

Japanese primrose
Primroses need more than ordinary amounts of moisture, and even do well near water and marshes. Plant them in partial shade in acid soil that's rich in organic matter. Space plants six to 12 inches apart. To get new starts, divide clumps right after flowering. Divide clumps about every third year, or when they become crowded. Space divisions eight inches apart for best effect.

Perennial cornflower
To start new plants from clump divisions, dig up and divide these perennials every two to four years. Set the plants 12 to 18 inches apart.

Butterfly-weed
Well-drained, sandy soil is best for this handsome ornamental, which is really not weedy at all. It withstands drought because its taproots reach deep into the ground. However, the long taproots make butterfly-weed difficult to divide, so leave the clumps undisturbed indefinitely.

Gas-plant
Allow about three feet of ground space each way when you set gas-plant. Newly started plants may not bloom for a year or two, but once established, gas-plant is a fine perennial. After it blooms, the glossy dark green foliage remains in good condition the rest of the summer. Seeds sown in fall germinate freely the next spring.



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Spuria iris
Though many irises prefer and even need dividing often, spuria iris is best left undisturbed. It usually requires two to three years to get established after moving. Spuria irises prefer neutral soil so don't grow them with Siberian or Japanese irises, which want an acid soil.

Astilbe
Grow astilbes in moist soil rich in organic material. They will grow in full sun, but are easier to grow in filtered light. Plant about 15 to 18 inches apart. They spread rapidly, using up soil nutrients, then tend to become tangled and flower very little. Fertilize lightly each spring. Dig up and divide clumps every two or three years.

Coral-bells
Set plants about 12 inches apart in spring or fall. If you plant in fall, cover with a mulch so freezing and thawing won't push the roots out of the ground.

Delphinium
Space plants 12 to 14 inches apart, depending on size, and set the crown one to two inches below the soil surface. Delphiniums may lose their vigor after a few years and have to be replaced with new stock.

Sundrops
Divide clumps of sundrops when they become overcrowded—after every three years or so of flowering. To extend the blooming time, remove seedpods.



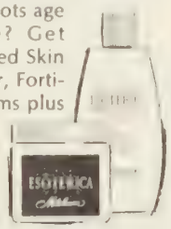
Dividing roots
You can divide some perennial roots by hand, or you may need a hand fork, as shown, a knife, or even a spading fork if the roots are heavy and intertwined. ■



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continued from page 52

Your pension

would be established, with employers paying a premium in proportion to their unfunded pension obligations. If a company were unable to pay all pension claims, the insurance would make up most of the difference.

Stricter *fiduciary rules* would be imposed on pension trust administrators, making them accountable to beneficiaries for prudent and honest management of the money in pension funds. *"Disclosure" rules* would insist that employees be provided with a comprehensive, understandable explanation of their pension rights and obligations.

What's wrong with the reforms?

The trouble with such proposals, depending on which group of critics you listen to, is that they attempt to do too little or too much. Most of the controversy centers on provisions for earlier vesting and fuller funding.

Those who favor more sweeping pension reform argue that none of the proposals now before Congress are of any help to the 20 to 30 million workers not currently covered by any pension plan. Nor would they solve the problem of those employees who don't work enough years at one job to ever earn vested rights to a pension. Nor do they provide pension benefits for the dependents of retired and soon-to-retire employees. Nor do they plug the many loopholes some employers use to deny pensions to workers who, in all fairness, have earned them. Nor do they do anything to correct the shortcomings of state and local government pension plans.

The most telling criticism, in the opinion of some, is that too little is being done to alter the "insurance" concept of most private pension plans. That is, payments from a large number of people are used to provide benefits for a few. Here's the problem:

At one time pensions were generally considered to be "gifts" by a company to its long-time employees. But since the decision by the National Labor Relations Board more than 20 years ago that pensions were subject to collective bargaining, and in view of the fact that an employer's contributions are tax-deductible, pensions are today widely regarded as a form of "deferred wages."

This attitude makes many people question the practice of funding pension plans on the basis of employees' "deferred wages." The problem is that one employee's "deferred wages" is in effect providing benefits to another employee whom the company deems to be more deserving (on the basis of his years of service). Existing reform proposals do too very little to answer this problem.

Most backers of pension plan legislation readily admit that even after passage, there will continue to be shortcomings. But they argue that after more than a decade of frustration in attempting to get any legislation through Congress, proposals now under consideration are at least a step in the right direction.

But others, notably spokesmen for employers and the private pension industry, insist that current proposals are in many ways a step in the wrong direction. Most don't oppose stricter regulation of fiduciary conduct by pension fund administrators or more comprehensive disclosure provisions. But they do object to proposed vesting and funding provisions, on the grounds that these could result in smaller benefits to employees—exactly opposite to the result intended by Congress.

It's argued that if earlier vesting and fuller funding are required, there will be less money available with which to pay current retirement benefits. Furthermore, it's contended that increasing the cost of pension programs or saddling them with excessive government regulation would thwart the objective of encouraging more companies to voluntarily establish retirement plans for their employees. ■

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Ten questions to ask about your pension plan

order to be sure your vested pension rights are protected?

If you have made contributions to the pension plan—in addition to those made by your employer—will the company's contributions continue to be vested if you elect to withdraw your own contributions? Generally, the answer is no.

3. If you were to accept a job with a competitive company, would this jeopardize your vested pension rights? In what way? And what is the definition of a "competitive" company?

4. What, precisely, is required in order to qualify for a retirement pension? How many years of service must you have? What age must you be? Is there a requirement that you have so many years of service and be a certain age?

5. If your years of service haven't been consecutive—for example, if you were laid off, transferred to another division or subsidiary, or left the company and then returned—what effect would this have on your pension?

If the pension plan requires a certain number of years of uninterrupted service, what constitutes an "interruption?"

6. Suppose you become disabled prior to retirement. Would you still receive a pension? When? How much? If your employer has a separate long-term disability benefit program, are these benefits in addition to or instead of your retirement pension benefits?

Does your plan include a provision for voluntary early retirement? At what age or after how many years of work? How much will you get?

7. In the event you die before retiring, what benefits would be paid to your survivors? And for how long? If you die after retiring and your spouse is still living, will your pension benefits continue to be paid to him or her? How much and for how long? In this connection, is it necessary to exercise a "survivor's" option?

8. Are there any other companies participating in the same pension plan, so that if you were to change jobs within the same industry, you might not lose your pension credits? And, if so, what arrangements must be made for a transfer of credits?

9. To what extent is your employer's pension plan funded? In other words, if the company were to go out of business or for some other reason terminate its pension plan, what percentage of its vested pensions would it have enough money set aside to pay? How would the available money be distributed?

10. Is there any provision in your pension plan for automatic adjustment of benefit levels to reflect increases in the cost of living? Are benefits at least based on the earnings of your last years of work, rather than an average for your entire career? ■



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begins on page 64

A health program for your cat

Emergency procedures

How well and quickly you react to emergencies could be a matter of life or death for your cat. Here's a list of some common mishaps that might befall him, and appropriate first aid measures you should take until you can contact your veterinarian:

- Bleeding. Apply a gauze or cotton pressure bandage to the wound. If bleeding is severe and on the extremities, apply a tourniquet for several minutes, then release for several seconds. Repeat if necessary. Clean the wound to get rid of foreign particles and dirt.
- Burns. Strong tea leaves should be applied immediately, followed by a protective vaseline cover.
- Car accident. Internal hemorrhage and shock are two important considerations. For this reason, you should handle your cat with extreme care. Apply pressure bandages to external cuts, and be careful when lifting him in case of broken bones.
- Fishhooks. Don't try to extract an imbedded fishhook without cutting off the barbed portion with a wire clipper or pliers. Wash the wound thoroughly and apply antiseptic.
- Heat prostration. Keep your cat quiet and in a cool place. Cool water baths may be given to lower the body temperature.
- Poisoning. Induce vomiting by forceful administration of several teaspoons of salt or equal parts of hydrogen peroxide and warm water.
- Stings and poisonous bites. Apply ice to the wound to slow circulation and alleviate pain. Induce bleeding if a snake bite has just occurred. Keep the cat quiet.
- Choking. While someone else gently restrains the cat check for objects caught in his throat. Don't probe too deeply; additional gagging may worsen the condition. Seek veterinary help if you can't remove the object with your fingers.
- Skunk encounter. Rub cat's hair coat with canned tomatoes or tomato juice to help neutralize the odor. Then wait patiently for the smell to go away.

The first few minutes of any emergency are the most critical. While a friend is contacting your veterinarian, you should be attempting first aid measures. *The ultimate treatment for any emergency situation, however, should be handled by your veterinarian.*

Obstetrics and pediatrics

When you assumed the obligations of being a cat owner, you may have taken on the responsibility to be midwife. Fortunately, cats inherit strong maternal instincts and will do all the work if everything is routine. Yet occasionally the birth process is hampered by various complications: premature birth; lack of sufficient labor contractions; an exceptionally large kitten; or breech birth. At such times, you are called on to play an active role. Contact your veterinarian for specific instructions.

The gestation period for a cat is about nine weeks. During the latter weeks of pregnancy, your cat's diet should be increased. Make sure her vaccinations are current and that she's in good general physical condition. In the last week of pregnancy your cat may appear restless; this is the time to introduce her to a maternity box—a special area with shredded paper or clean towel bedding.

A day or so before the kittens are due, your cat's stomach will drop considerably, and there will be a vaginal discharge. By this time her breasts should be swollen and filled with milk.

The highest kitten mortality occurs during the birth process, or during the first week of life. During this time respect your cat's desire for privacy and leave her alone with her new family. Your only intrusion should be to see that each kitten is nursing. Weaning, or termination of nursing, should occur at six or seven weeks of age, but you can start a gradual transition to cat food mixed with milk between three to four weeks of age.

Geriatrics

Ultimately, that playful kitten is going to become a leisure-loving older cat. Meticulously watching a butterfly may be the major activity of a cat who, years before, would have chased a field mouse over acres of countryside.

Good nutrition is essential; make sure your cat gets quality protein, adequate fat, vitamins and minerals. Liquid intake is important, as older cats often become dehydrated. Booster vaccinations should be maintained, and more frequent physical examinations are a good idea. Loss of teeth may accompany old age, as well as diseases of the skin and the nervous and locomotor system. In essence, what you do for your young cat largely determines how comfortably your mature cat ages. ■

Written in cooperation with Stan Jackson, D.V.M.

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The next time you make a salad, really taste the dressing. Good? Probably. But could it honestly be better? Probably again. Why? Because vinegar is the soul of the dressing and some vinegars are noticably smoother and richer tasting. Which leads us to a few informative words on the subject.

Vinegars in general

You probably know that all vinegars are made from an alcoholic base. But what you end up with is non-alcoholic. Because a fermentation process converts the alcohol to vinegar.

Distilled Vinegar



All you need is a nose to tell you that distilled vinegar is sharp and strong. It's fermented from grain alcohol or petroleum by-products. But its primary use is not for salads—it's for pickling.

Cider Vinegar

You're probably familiar with cider vinegar. It has a pungent aroma with a hint of fruity flavor that comes from the hard cider it's made from. But the taste is sharp. Which again is okay for pickling, not salads.

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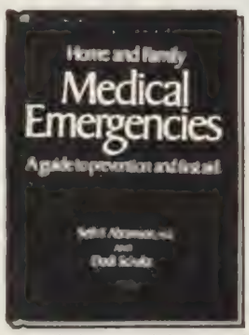
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HOME AND FAMILY MEDICAL EMERGENCIES
By Seth F. Abramson, M.D. and Dodi Schultz



This complete and practical guide c tains ways to prevent emergencies possible; and to cope with them if n essary. This new book from Creat Home Library, published in associat with Better Homes and Gardens, sho you how to deal with common med emergencies. Divided into three pa it shows you how to stock the fam medicine cabinet with necessities; teaches prevention ins the home, on the highway, on the water and in the wilds; deals specifically with an existing medical emergency si tion, such as acute internal conditions, accidents and injur and mental and emotional crises. Authors Dr. Seth Abram and Dodi Schultz combine practical medicine experience common sense to cope with most medical emergencies. $8.95 wherever books are sold.

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This colorful new Idea Publication from Better Homes a Gardens shows you how to create practical and functio things to use. Included are trendsetting fashions to sew fr caftans and pant suits for both men and women to knits toddlers and tykes; a section devoted to crafts created fr nature's materials; fresh new techniques to apply to the arts of yesteryear; things that kids can make themselves; and classic favorites to pick up at idle times. To order supplies and materials, there's a special reader service catalogue. These hand-crafted treasures will become the antiques of tomorrow. Just $1.35 at your newsstand now.



Buying guide

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

HOW TO SHOP A NEW HOUSE

Page 54 (top left): Dishwasher—General Electric Co., 1285 Boston Ave., Bridgeport, Conn. 06602. Patio furniture—Knoll International, Inc., 745 Fifth Ave., New York, N.Y. 10022.

Page 56 (top left): Range, oven, refrigerator—Whirlpool, Benton Harbor, Mich. 49022. Carpet in hall—Walter Carpet Mills, 14641 Don Julian Rd., City of Industry, Calif. 91744. Kitchen flooring—GAF Corp., 140 W. 51 St., New York, N.Y. 10020. (Middle top): Flowered wallpaper—Sinclair Paint Co., 8161 Beverly Blvd., Los Angeles, Calif. 90048. (Top right): Entry tile—Entry Halls Unlimited, 829 Challenge, Concord, Calif. 94520. Ceiling lights—Nu Tone, Div. of Scoville Mfg. Co., Madison & Red Bank Rd., Cincinnati, Ohio 45227. (Bottom): Carpeting—Walter Carpet Mills, 14641 Don Julian Rd., City of Industry, Calif. 91744.

Page 57 (top left): Wallpaper—Albert Van Luit & Co., 4000 Chevy Chase Dr., Los Angeles, Calif. 90039. Carpeting—Continental Carpet Mills, Inc., 2808 S. Vail, Los Angeles, Calif. 90022. Chair—Cal-Custom Furniture Mfg. Co., 1020 E. 59th St., Los Angeles, Calif. 90001. (Middle top): Kitchen appliances—General Electric Co., 1285 Boston Ave., Bridgeport, Conn. 06602. Kitchen flooring—Armstrong Cork Co., Lancaster, Pa. 17604. Wallpaper—The Warner Co., 470 Decorative Center, Dallas, Tex. 75207. Counter top tile—Dal Tile, Dallas Ceramics Co., 185 98th Ave., Oakland, Calif. 94603. Sofa—Crossroads Mfg. Co., 17710 Studebaker Rd., Cerritos, Calif. 90701. Lamp on side table—Sunset Lamp Corp., 2118 E. 7th Pl., Los Angeles, Calif. 90021. (Top right): Washer and dryer—General Electric Co., 1285 Boston Ave., Bridgeport, Conn. 06602. Chair—Crossroads Mfg. Co., 17710 Studebaker Rd., Cerritos, Calif. 90701. Lamp on table—Sunset Lamp Corp., 2118 E. 7th Pl., Los Angeles, Calif. 90021. (Bottom): Sofa—A. W. Charleton, 260 Smith St., Farmingdale, N.Y. 11735. Carpeting—Continental Carpet Mills, 2808 S. Vail Ave., City of Commerce, Calif. 90040. Light fixture in upstairs balcony—Lightcraft of California, Div. of Scoville Mfg. Co., 1600 West Slauson Ave., Los Angeles, Calif. 90047. Light fixture in entry hall—Progress Lighting, Div. of LCA Corp., G St. and Erie Ave., Philadelphia, Pa. 19134.

NEW IS OLD AND OLD IS NEW

Page 86: Flatware—Gorham, 333 Adelaide Ave., Providence, R.I. 02907.

Page 90 (left): Orange chair—Selig Mfg. Co., Leominster, Mass. 01453. Yellow chair—Cross Industries, 2016 Main St., Houston, Tex. 77002. White plastic cube—Mutual-Sunset Lamp Mfg. Co., 233 Fifth Ave., N.Y., N.Y. 10016. Drafting lamp—George Kovacs, Inc., 230 Fifth Ave., N.Y., N.Y. 10001.

Page 91 (top): Table—Albrizzi, Inc., 979 Third Ave., N.Y., N.Y. 10022. Chairs—Overman, USA, 200 Lexington Ave., N.Y., N.Y. 10016. Lighted chrome pedestals—George Kovacs, Inc., 831 Madison Ave., N.Y., N.Y. 10021. Chrome and glass console—Medallion, Limited, 205 Lexington Ave., N.Y., N.Y. 10016. Yellow and white plastic cubes—Cross Industries, 2016 Main St., Houston, Tex. 77002. Lamp—Robert Sonneman Associates, 37-50 57th St., Woodside, N.Y. 11377. (Bottom): Sofa—Flair, Inc., Box 310, Lenoir, N.C. 28645. Coffee and end tables, ottomans, Barcelona chairs—Knoll Associates, 745 Fifth Ave., N.Y., N.Y. 10022. Sideboard/stereo, Herman Miller Inc., 1730 M St. NW, Washington, D.C. 20036.

We would like to credit the following individuals and/or concerns for lending us the items listed below:

Page 88: (left): Iron furniture, plant stand and stool—M. S. Rau, Inc., 630 Royal St., New Orleans, La. 70130. Oriental rugs—Morton's, 701 Magazine St., New Orleans, La. 70130. Art—Nahan Art Galleries, 313 Royal St., New Orleans, La. 70130. Lamps and accessories—Maison Blanche, 901 Canal St., New Orleans, La. 70112. (Right): Six-panel screen—Rothschild's Antiques Inc., 229 & 241 Royal St., New Orleans, La. 70130. Lamps and accessories—Maison Blanche, 901 Canal St., New Orleans, La. 70112.

Page 90 (left): Acrylic sculpture "Double Concave Lens" by Mac Whitney—represented by Galerie Simmone Stern, 516 Royal St., New Orleans, La. 70130. Painting of lady on easel by L. John D'Aquila, 1622 Nie Parkway, New Orleans, La. 70114. (Right): Lighted pedestal base table designed by Jean Beauboeuf and Janice Broussard—represented by Galerie Simmone Stern, 516 Royal St., New Orleans, La. 70130.

Page 91 (top): Painting over console and sculpture on console by Leonard Flettrich—Agent, Terry Flettrich, 1445 Pauger, New Orleans, La. 70116. (Bottom): Plastic and neon table sculpture by Jean Beauboeuf and Janice Broussard—represented by Galerie Simmone Stern, 516 Royal St., New Orleans, La. 70130. Painting over sideboard/stereo by Darrell Schmitt, 1014 St. Peter, New Orleans, La. 70116.

DOUBLE-USE SEWING CENTERS

Page 96: Wallpaper—Imperial Wallpaper, Inc., 3645 Warrensville Center Rd., Cleveland, Ohio 44118. Rocking chair—Tell City Chair Co., Tell City, Ind. 47586. Area rug—A. Leon Capel & Sons, Inc., Troy, N.C. 27371. Lamp—Wilmar Co., Inc., 311 Brucknet Blvd., Bronx, N.Y. 10454. Figurine—The Walter Hatches, Inc., 225 5th Ave., N.Y., N.Y. 10010. Pillow—Riverdale, 298 5th Ave., N.Y., N.Y. 10016. Sewing machine—Viking by Husqvarna of Sweden, Inc., 405 Lexington Ave., Chrysler Bldg., N.Y., N.Y. 10017.

Page 97: Washer and dryer—Westinghouse Electric Corp., 200 Park Ave., N.Y., N.Y. 10017. Sewing machine—Necchi Sewing Machine Sales Corp., 164 W. 25th St., N.Y., N.Y. 10001.

Page 98: Vase—A Pinch of Clay, P.O. Box 161, Reeds Spring, Mo. 65737. Area Rug—Regal Rugs, N. Vernon, Ind. 47265. Sofa—Maremont Furniture, Inc., Marion, N.C. 28752. Chair—Knechtel Mfg., Naperville, Ill. 60540. Carpet—Armstrong Cork Co., Lancaster, Pa. 17604. Sewing machine—Sears, Roebuck & Co., 925 S. Homan Ave., Chicago, Ill. 60607. Wicket chest—Vreeland Trading Corp., 400 Lafayette St., N.Y., N.Y. 10003. Handles on cabinet—Stanley Hardware, Div. of Stanley Works, New Britain, Conn. 06100.

Page 99: Washer and dryer—Frigidaire Div., General Motors Corp., 300 Taylor St., Dayton, Ohio 45401. Paneling—Marlite, Div. of Masonite Corp., 29 N. Wacker Dr., Chicago, Ill. 60606. Flooring—GAF Corp., 1139 Lehigh Ave., Whitehall, Pa. 18052. Counters—Formica Corp., 120 E. 4th, Cincinnati, Ohio 45202. Sink—Elkay Mfg. Co., 2700 S. 17th Ave., Broadview, Ill. 60153. Clock—Harris & Mallow, Div. of Thomas Industries, Farmington, N.J. Barometer—Knob Creek of Morganton, P.O. Box 995, Morganton, N.C. 28655. Iron—Sunbeam Corp., 5400 W. Roosevelt Rd., Chicago, Ill. 60650. Sewing machine—Singer Sewing Machines, Thirty Rockefeller Plaza, N.Y., N.Y. 10020.

DOWN-HOME COOKING

Pages 100 & 101: Silver—Oneida Ltd. Silversmiths, Oneida, N.Y. 13421. Pie plate and casserole—"Pyrex," Corning Glass Works, Corning, N.Y. 14830.

Page 103: Pitcher—"Centura," Corning Glass Works, Corning, N.Y. 14830.

Page 105: Dessert plate—Noritake Company, Inc., 212 5th Ave., N.Y., N.Y. 10010.

Page 107: Casseroles and mixing bowls—Corning Glass Works, Corning, N.Y. 14830. Platter—Noritake Co., Inc., 212 5th Ave., N.Y., N.Y. 10010. Soup tureen—Gourmet Galleria, 714 N. LaCienega Blvd., Los Angeles, Calif. 90069.

PRIZE TESTED RECIPES

Page 113 (left): Cups and saucers—"Camelot," Spode, Inc., Turnpike Ind. Park, 26 Kennedy Blvd., E. Brunswick, N.J. 08816. (Right): Platter—"Spectrum," Mikasa, 25 Enterprise Ave., Secaucus, N.J. 07094.

Page 114 (bottom left): Platter, pitcher, and plates—"LaMancha," Metlox Mfg. Co., Poppytrail Artware Div., 527 W. 7th St., Los Angeles, Calif. 90266. (Bottom right): Plate—"Noir," Mikasa, 25 Enterprise Ave., Secaucus, N.J. 07094.





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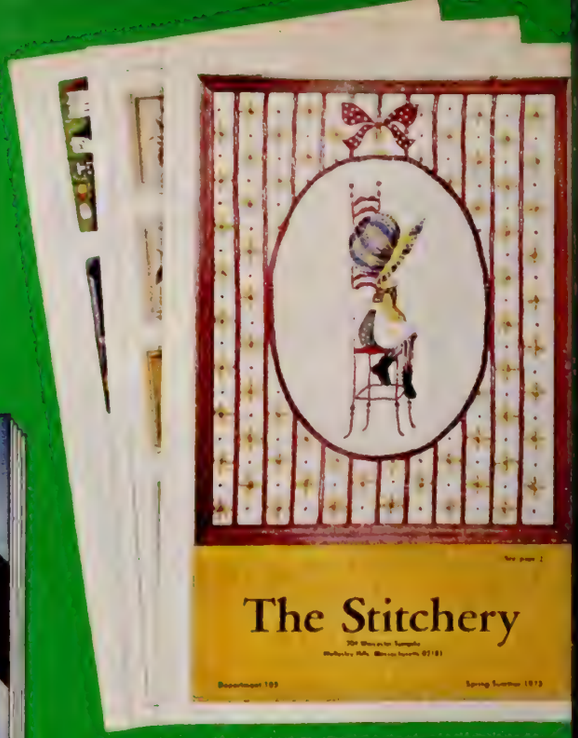




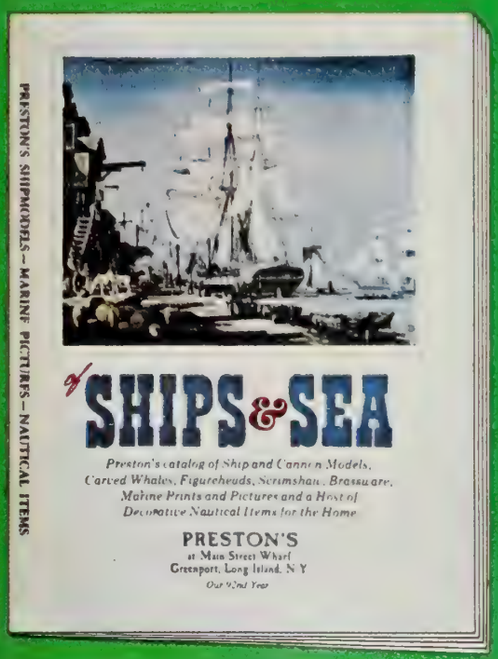
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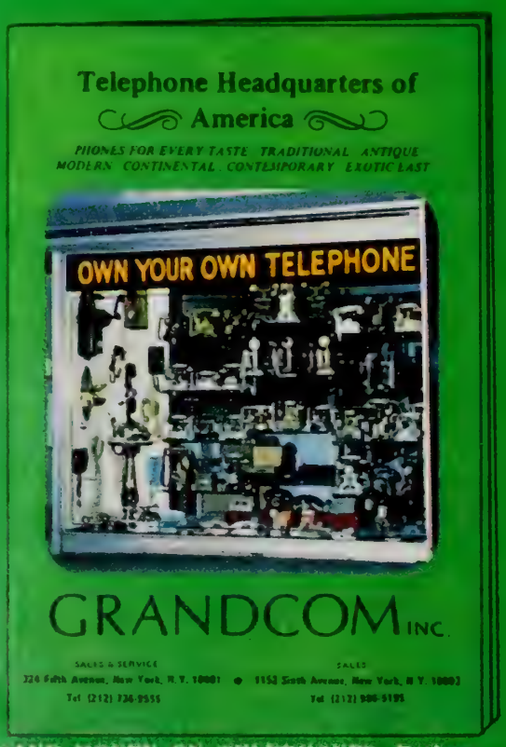
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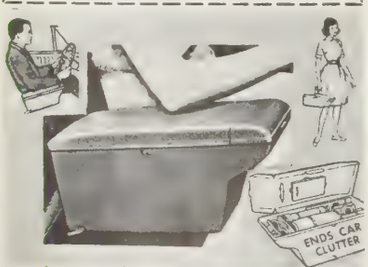
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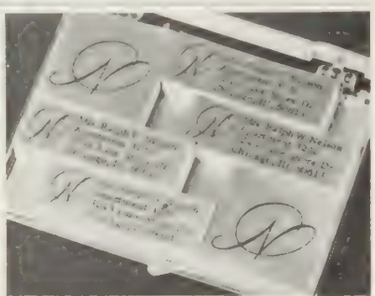


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Children's names engraved in gold-plated metal on wood plaque. Print names, specify boy or girl. #1390, 1 child, $1.98; #1391, 2 children, $2.98; #1392, 3 children, $3.50; #1393, 4 children, $3.98, #1394, 5 children, $4.98; #1395, 6 children, $5.50. Plus 35c post. Lillian Vernon, Dept. H93, 510 S. Fulton Ave., Mt. Vernon, N.Y. 10550.



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Place this touch of Americana by your fireplace so that flying embers won't harm your rug, floor or furniture. Handsome American eagle on heavy, flameproof cotton duck fits snugly against hearth. Rug in half-moon shape is black with bright gold eagle. 27" x 53". $6.98 plus 50c postage. Order from Holiday Gifts, Dept. 409-I, Wheat Ridge, Colo. 80033



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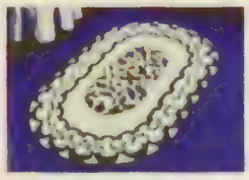


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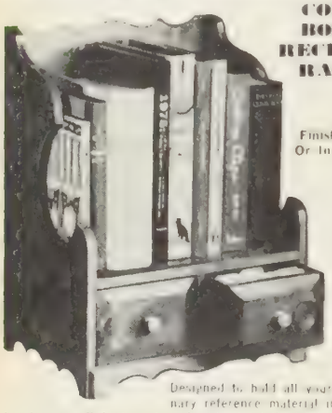
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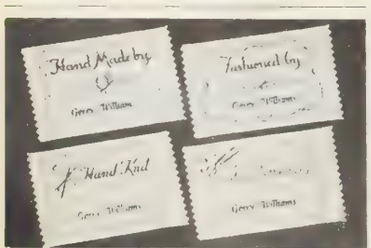
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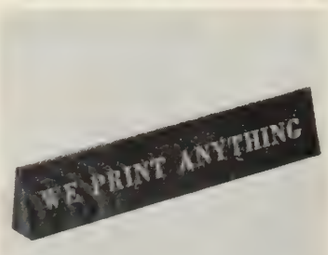
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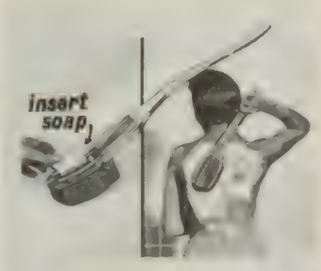
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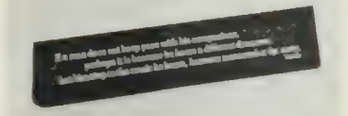
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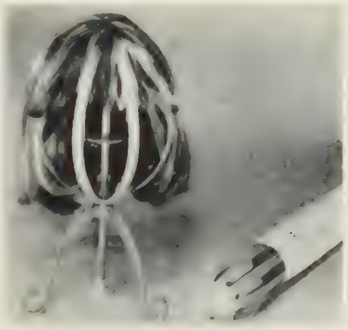
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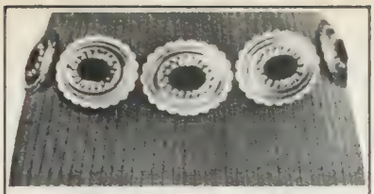


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...more worry about forging or ...ering your checks—this desk ... takes care of everything! Check ...ter allows user to write checks ... to six figures. Solid inking sys...m gives off clear, quick-dry im...ressions. Never needs re-inking. ...table carrying case included. ...98 ppd. Order from Wheatbelt ..., 108 South Kansas, Ness City, ...nsas 67560.



continued



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Authentic Indian style, high in the popularity poll of today's fashion. 3" oval concho buckles in nickel silver are laced on a supple cowhide leather thong. Adjustable to wear waist-high or hip-low. One size fits all.

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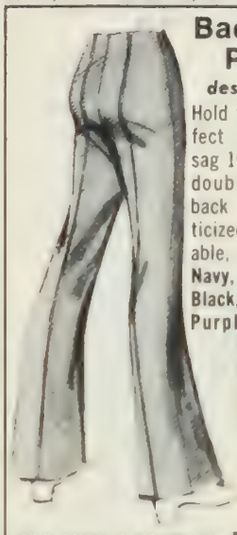


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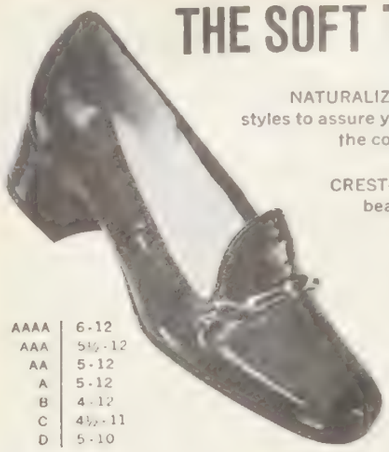
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CREST—a pert slip-on with high-rise front, beautiful trim. In: black, pecan or blue patent. Black, brown or blue kid.

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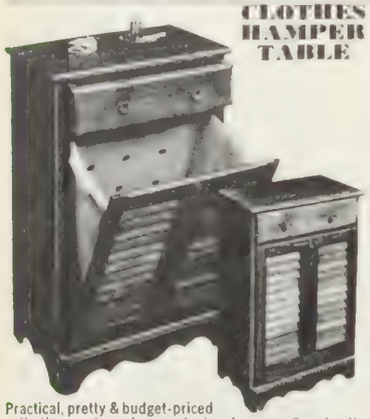
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Wow—it's the cats meow! A real crazy 2x3 ft. poster featuring an irresistable pussycat to bring forth many a smile. Just up, kicks, send this gag poster to all your "loser" friends, boss or relatives. Hang in den, bar, office, dormitory or any wall to make it "go" happen. Rich black background with playful cat that beckons you to "Hang in there Baby" . . . the zaniest gag poster of all! Buy several and decorate a whole wall.

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HOLIDAY GIFTS
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5351-Pkt. (30 seeds) 75¢
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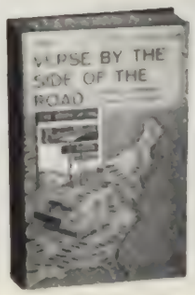
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Heel Form® was made just for you! Soft plastic form, invented by a foot specialist, fits right on your foot under hose. It conforms to the shape of your foot and has the effect of making your heel wider. Your shoes fit and feel better! Women's sizes 5-6½, 7-8½ and 9-10½. $3.99 per pair, ppd. Walter Drake, BH26 Drake Bldg. Colorado Springs, Colorado 80940



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Enjoy a bit of nostalgia with this marvelous collection called "Verse by the Side of the Road." It's the story of the Burma-Shave signs and jingles that for years made motor travel extra fun. Makes a handsome gift—it's a hardbound beauty. Will delight everyone of all ages. $4.95 ppd. Order from Holiday Gifts, Dept. 409-L, Wheat Ridge, Colorado 80033.



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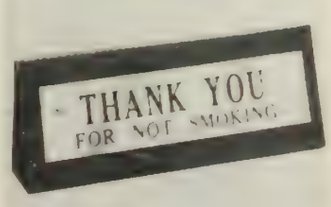
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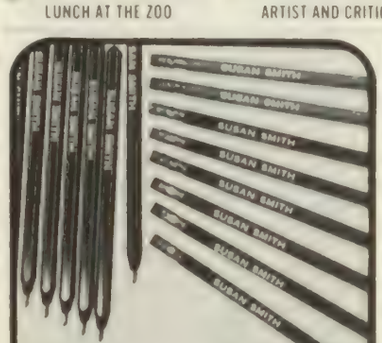
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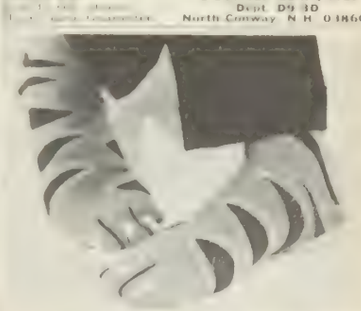
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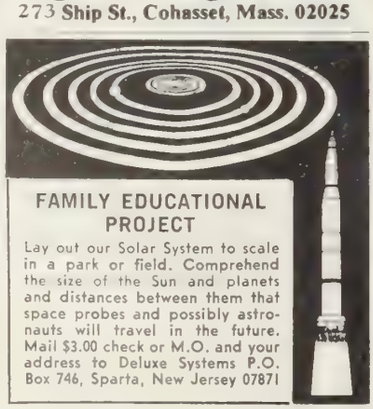
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Your glasses are kept clean and free from scratches. Personalized eyeglass caddy has soft fleece lining that automatically cleans your lenses. No more searching for glasses—caddy stands on night table, desk or dresser. Your first name is printed in gold. State first name. $3.98 + 35c post. Holiday Gifts, Dept. 409-T, Wheat Ridge, Colorado 80033.



Play chord piano

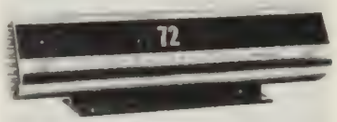
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The exact time is projected on the ceiling in easy-to-read digits. If you awaken during the night, you can see the time without turning on the light. Handsome walnut and brass trimmed case with copper hands. Lucite face features big numbers. Perfect for insomniacs, $34.98 + $1 post. Collier's, Dept. 973-HE, P. O. Box 585, Skokie, Ill. 60076.



Sneakers to embroider

The kit includes everything you'll need to embroider sneakers and name and date of your choice: design on homespun, embroidery yarns, needle and complete direction. Finished size: 5" x 7". In choice of red or blue (specify). $3.95 + 45c post. 5" x 7" walnut-finished hardwood frame: $3.95 + 45c post. The Stitchery, BHG9, Wellesley Hills, Mass. 02181.



Furry kitty ball

Here's the perfect playmate for your cat. Cuddly catnip scented ball with soft Acrilan plush cover tickles your cat's whiskers—feels so real, he'll play with it for hours! Rolls freely when pounced upon. 3" diameter, sturdy plastic center. With extra catnip supply. $1.59 postage paid. Walter Drake, BH09 Drake Bldg., Colorado Springs, Colorado 80940.



continued



For a Better Home Stitch a Garden from Herrschners, inc.

QUALITY NEEDLECRAFTS SINCE 1899

Violets become a stunning accent in this 14" pillow kit. Delightful nosegay of lavenders and greens with lavender fringe. With yarn, needle and instructions. Pillow form not included. **Only $2.98.**

Garden Spray 10x20" picture is a real room brightener. You easily stitch colorful flowers on stamped homespun fabric. Kit complete with yarn, needle and instructions. Frame not included. **Only $3.98.**

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3008

Send to:
HERRSCHNERS, INC.
Dept. 3008 Hoover Rd.
Stevens Point Wis 54481
PLEASE PRINT ABV

Add 50c Shipping and Handling for each kit ordered.

How Many	Item Number	Description	Price Each	Total Amount Dollars	Cents
	11-9668	Violets Pillow Kit	$2.98		
	10-9622	Garden Spray Picture Kit	$3.98		
			Wisc. Res. state tax		
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To your organization or club to show you how quickly you can raise $50 to $5,000 with no investment.

It is not difficult to raise meaningful money for your organization or club by selling things to your neighbors. But, the thing you pick must have a record of having raised large sums of money for other groups. As one of the country's top fund raising organizations, Hudson Fund Raising has many such things you can sell at no investment on your group's part. We are so sure of this, that we will send you a free sample of one of them, the radiant candle pictured here, with plan details. Please keep the free sample.

Sells for $1.50



"RADIANT ORIGINALS" DECORATOR CANDLES

These exclusively-designed candles can't be bought in any store! Handsomely sculptured with truly impressive decorator patterns. Regal in size (6" tall, 2¼" in diameter), dramatic in color, tasteful in design—these richly-textured candles are a proven bestseller. Each sales kit contains 12 assorted candles.

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15 Sales Kits	$108.00
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5263B

HUDSON FUND RAISING, DEPT. AA–21
39 Westmoreland Avenue, White Plains, New York 10606

☐ Please send my group a free sample of the "Radiant Originals" Decorator Candle.

☐ We want to ORDER now! (FREE SAMPLE TO BE INCLUDED.)
Please send _____ (quantity) Sales Kits of the "Radiant Originals" Decorator Candle.

Name _____ (Must Be Over 21)

Title _____ Phone _____

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City _____ State _____ Zip _____

Name of Organization _____ No. of Members _____

DIVISION OF BEVIS INDUSTRIES, INC.



GREEN BEAUTIES TO STITCH

Garden fresh vegetables are fun to work in interesting stitches to create charming framed pictures for your kitchen or family room. Each kit includes design on homespun, embroidery wools, mounting board, needle and directions. Finished size: 4"x5". Corn, Peas, Artichoke and Broccoli are available at **$2.95** each plus 35¢ postage. 4" x 5" walnut finished hardwood frames are available separately at **$2.95** each plus 45¢ postage.

The Stitchery Dept. BHG 109, 204 Worcester Turnpike Wellesely Hills, Mass. 02181

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PHOTO-GO-ROUND.

Display treasured snapshots in this revolving tile. Photos up to 3½"x5½" slip into see-thru windows. Lovely wooden base. Envelopes for 160 photos included. **$12.95 postpaid.** Deluxe model (not shown) has round wooden base 2" wooden knobs, plexiglas frame, envelopes for 240 photos. **$19.95 postpaid.** Either model holds up to 600 photos. Envelopes for 32 extra photos are $1.00.

FERRY HOUSE, Dept. MK, Briarcliff Manor, N.Y. 10510



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Enjoy your pool year 'round in the new space-age enclosure. Solar-heated by day, holds in and utilizes pool heat by night. Swim in real comfort.

Swimhut patented features: water border perimeter seals airtite to pool deck; filtered fresh air within keeps pool sparkling, keeps out leaves, wind, dirt, animals and insects.

Vinyl top appears as stained glass roof, with window clear sides, nylon stabilizers.

Durable and lightweight, can be quickly erected or removed as desired by homeowner. Low cost is fractional of permanent structures. Swimhut will repay in pool pleasure and care.

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All pairs 80" wide
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Order these UNBLEACHED MUSLIN curtains with all the original New England simplicity, warmth, and handmade look for every room in the house. Practical, long-wearing, these shrinkage controlled muslin curtains will retain their crisp appearance with a minimum of care. Also available in bleached muslin, 74" wide per pair.

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12" dia x 10" hi $15.95 19" dia x 13" hi $29.95
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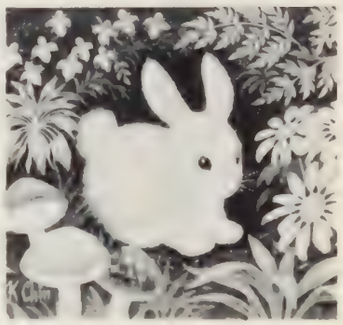
Calif. Res. add 5% sales tax

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P.O. Box 293 So. Laguna, CA. 92677



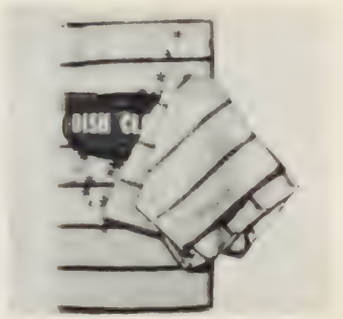
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No more searching for your favorite magazine only to find it wrinkled and torn. Contemporary Plexiglas® rack can double to hold albums. In your choice of clear or smoke. Such a handsome addition to any home! 12" x 10½". Clear: $13.95 plus $1.50 postage. Add $3 for smoke. Dilworth Mfg., Box 285, Dept. BHG9, West Chester, Pa. 19380.



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Your group or organization can make extra money selling these special weave cloths. People find so many uses for these handy cloths. Earn $40 to $126 plus bonuses, free Teflon fry pans as prizes. No investment—40 days free credit to groups only. Send for sample and complete fund-raising plans. Southern Flavoring Dept. CC108, Bedford, Va. 24523.



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Reminds you when it's time to move your car, leave for an appointment or to make a telephone call. Takes settings up to 2 hours, then a gentle buzz sounds. Feather weight, only 1½", with a Swiss precision mechanism. Comes on a key chain. $7.95 + 35c post.; two for $15.90 ppd. J. W. Holst, Inc. Dept. BT-9, 1005 East Bay, East Tawas, Mich. 48730.



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Give him a mouthful of daisies, greens or colorful bars of soap to beautify your bath. Handwoven of natural rattan with marble eyes. 10" high, 8" wide, $6.95 plus $1.00 postage. Painted in white, green, blue, pink, yellow, orange or black, add $2.00. Send 25c for catalog. Fran's Basket House, 89 W. Main St., Dept. BH9, Rockaway, New Jersey 07866.

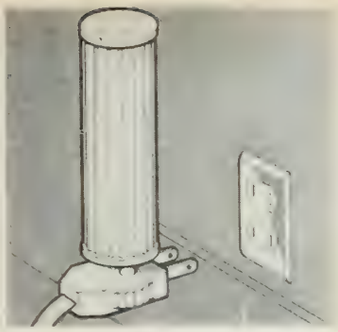


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Solid brass plate is custom engraved with your family name. Made of sturdy solid metal, brass plated and heavily antiqued for dramatic depth of design. Lacquered to withstand the elements. 8" tall, with mounting screws. Print name. #143. $2.98 + 35c post. Order from Lillian Vernon Dept. H8, 510 South Fulton Ave., Mt. Vernon, N.Y. 10550.

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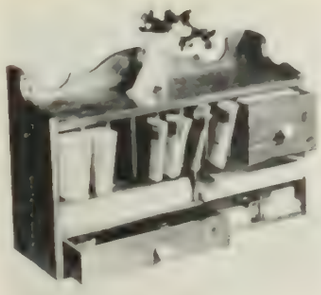
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Protect precious medals

Award frame is deep enough to hold medals, campaign ribbons, uniform insignia. Also great for any combination of memorabilia. Walnut finish frame with velvet back and glass front stands alone or can be hung on a wall. Preserves items dust-free. Frame, 10½" x 12½"; $6.98 + 85c post. Harriet Carter, BHG-14139, Plymouth Meeting, Pa. 19462.



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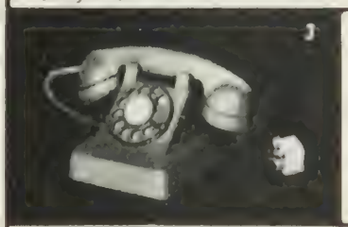


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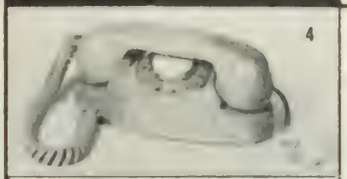
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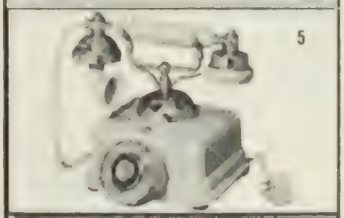
CHOOSE ANY PHONE YOU LIKE AND OWN IT— NO RENTAL CHARGES TO PAY EVER



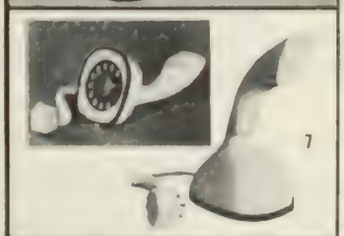


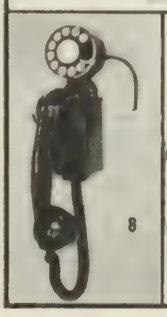














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from Better Homes and Gardens

Bright and gay, this 14"x2" box pillow will bring springtime freshness to any room. Easy and enjoyable to do—a treasure to own. Kit comes complete with design stamped on lime linen for entire pillow, 2"-wide boxing strip, matching piping, brilliant crewel embroidery yarns, zipper for easy cover removal when cleaning, needle, and instructions.

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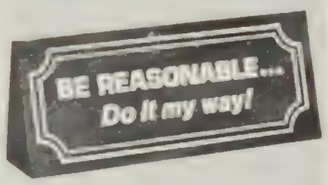
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Be reasonable

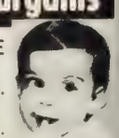
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continued



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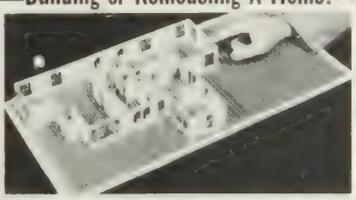
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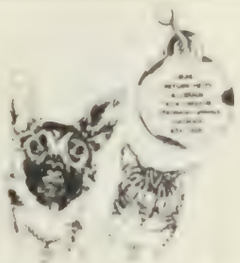
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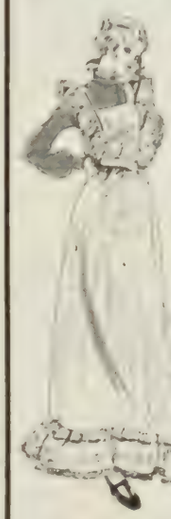
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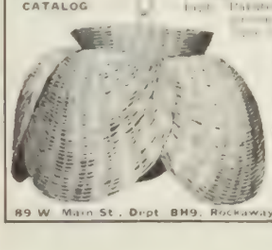
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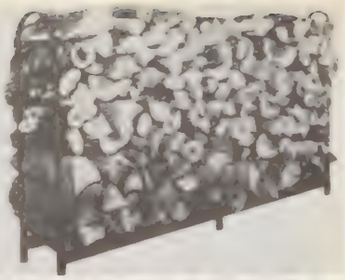
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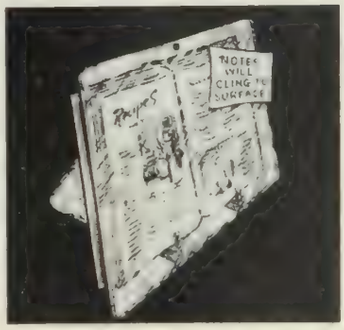
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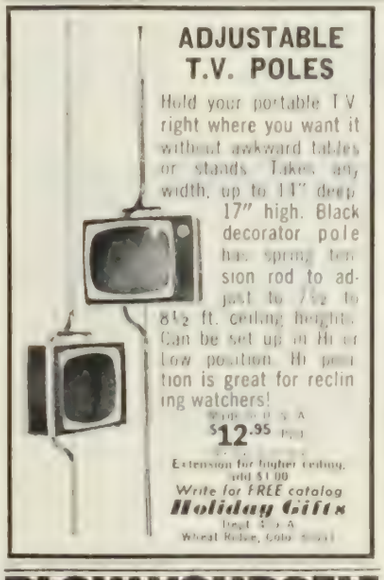
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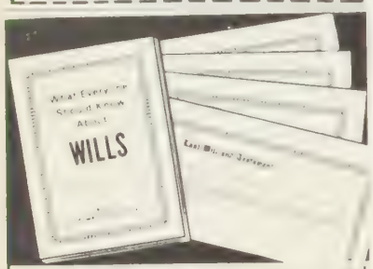
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Simply slip your tube of toothpaste (holds any size) into the slot of this pretty floral porcelain dispenser and turn the key. Tube is automatically rolled as the required toothpaste is used. Ends waste and mess! Dispenser is 2" wide. Order one for each bathroom. $2.98 ea.; 2/$5.75. Plus 50c post. Ferry House, Dept. BHF, Briarcliff Manor, N.Y. 10510.



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Instinct will attract your dog to this chemically odorized mat at comfort time. No fuss or bother; mats are disposable; 12" detachable pole and 18" square holder are easy to wash. With two months' supply of mats. $4.98 ppd. With 6 months' supply. $6.98 ppd. For pole add 50c. G and G Research, Dept. BH-9, P. O. Box 12274, Dallas, Texas 75225.



Golden scissors

Here are six scissors for every conceivable need. Included is an 7" all-purpose household shears, a 5" sewing scissors, a safety tip grooming scissors, an embroidery darning scissors and a 3½" cuticle scissors. 24-kt. gold-plated handle—a perfect gift. Velvet lined box. $3.98 ppd. American Consumer, Dept. GS-9, 741 Main St., Stamford, Conn. 06904.

Hideaway bar

Here's a stand-up bar for bartender service at parties. Features a locking liquor cabinet. Rolls from room to room. Adjustable shelves inside. Louvered on front, solid paneled on sides. Closed: 21" w., 19" d., 36" h.Open: 38" w.Polished pine in honeytone or antique fin.: $89.95. Kit: $69.95. Exp. chgs. Coll. Yield House, D9-3, No. Conway, N.H. 03860.



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Add drama to any floor or wall with this rug imported directly from Morocco. Choice of predominately red, green or blue with brilliant whites, yellows and blacks. All are interwoven—not printed. Finished with thick hand-sewn fringe. 5' x 5'. Amazing at only $19.95 + $3 post. American Consumer, Dept. OR16, 741 Main St., Stamford, Conn. 06904.



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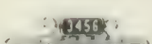
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The man next door®

Times-Goes-On Dept.: The neighborhood children I used to worry about cars hitting as they played in the street now are driving the cars that I worry about hitting me.

Watching the crews repair our potholed streets, Uncle Dodd says the men are tarring the wrong thing. He maintains the recipients should be the politicians who let the contract for the substandard roadways in the first place.

The kid who once was faulted at home for preferring sloppy old clothes is in better favor with Mom and Pop, now that clothing prices have climbed so high.

Since the staff has grown younger, it's no good to moan in my office about the good old days. The last time I mentioned mumblety-peg, marbles, and tops, one of the new salesmen started yearning for the good old days of the Hula-Hoop.

For two weeks the homemade sign down the block read "Puppies For Sale." Then optimism turned to realism and the sign was suddenly altered. The last two words were crossed out, making it read, simply, "Puppies."

A child's logic sometimes makes more sense than the real thing. Witness three-year-old Rachel Goldenberg's statement that you "take bees, put 'em in a jar, stir 'em up, and it makes honey."

Hank Scott has decided to get transferred from his job as a traveling salesman. He knew the time had come to make a change when he started packing a heating pad and bottles of antacids and aspirin before his golf clubs.

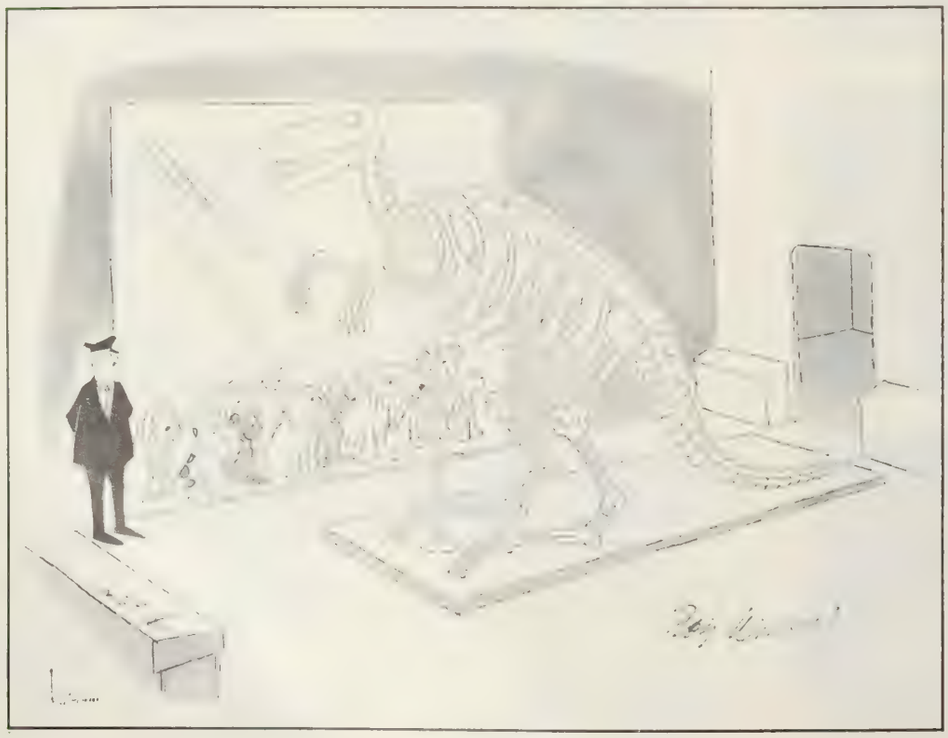
The Rev. George Hall says that a closed mind, like a closed room, can become awfully stuffy.

In his summer job, Bud found what he considered a remarkable bargain in cutlery—and brought it home to us as a surprise gift. An even bigger surprise was the fact that I received the bill.

Land prices have become so high that Hank the hermit quit resisting the offers, sold his acreage and moved into a high-rise apartment house. He says he can find more peace and quiet there.

Judy, ten, came home from camp thrilled with the honor of recognition. The chief counselor had publicly appointed her as chairman in charge of rainbows. After every storm it was Judy's pleasant duty to try to spot the rainbow.

When the kids on the school bus sang too loud, Jimmy the driver urged them to sing softly and together. Soon they began to sound good and Jimmy got them on a school assembly program. Now they're singing around town as "Jimmy's School Bus Choir." With all the shouting these days about school busing, it's mighty nice to have someone singing.





". . . I leave my entire estate to environmental protection foundations in the hope that each of you gathered here today may have a better world in which to live."

The Simmons lad had a fender-bumping accident two months after he received his driver's license. Later, he asked his father what had gone through his mind when the accident call came. "I can't lie, son," said Simmons. "My first thought was, 'I've been waiting for this call for two months.' "

While prophets preach against materialism and people worry about women becoming free persons, Marge Lumpkin quietly goes her own way.

Her own way means merrily returning to college as a 50-year-old sophomore.

For heaven's sake why, Marge? To teach? To become a nurse? Why?

"I just want to know more," she says. She's studying English, math, political science, and art history

Her children are now adults with their own families, and Marge was bored by civic and church duties. She decided to change directions, and college was the answer.

Now she's up to her ears in academic concerns. She worries in English class about whether the apostrophe goes before the "s" or after. She frets over logarithms and Reconstruction. She grows anxious over exams.

So far she hasn't received a grade below "A"—a record she failed even to approach in high school.

Is she worrying about materialism or Women's Liberation? Not much. Her concerns these days are more along the lines of abortion, birth control, parental problems and the new morality.

For, in addition to going to college, she has become involved in a new unpaid career—friend and counselor to several students and young instructors.

Marge might not win a campus beauty title, but she surely wins my title of "The Girl Who Succeeded the Most."

Burton Hillis

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Better Homes and Gardens

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And Designer Cathy Erb says: "Go Eclectic!"

"You've heard a lot about the eclectic mix in decorating . . . but how do you make it work? If you study this living room, you'll see Oriental (the tables from our Thomasville Four Corners™ Import Collection), 21st Century (our Founders' chrome and glass etagere), Traditional (upholstered pieces by Thomasville), and a French Provincial ceiling! What makes it 'go together' so beautifully? Take a little closer look. There is one single key pattern theme throughout the room: diamonds. They're in the carpet (Persian Medallion from our Grand Noble™ Collection). They're in the tables. They make up the window grillwork. You can see a diamond design in the wallcovering and in the upholstery. The diamond pattern continuity is a subtle way to unify the room and still allows you to have the excitement and contrast of the eclectic mix.



The Chandelier® Ceiling is Provincial, our new French Provincial design. While it doesn't have a diamond pattern, it does echo the lacy design of the tables.

Look around your living room right now. I'll bet you can think of a way to make a design theme work for you, whether you have our eclectic mix or not.

more Big Ideas



What's th

Armstrong Interior Designer Robert Whitman answers: "The offbeat color scheme."

"It combines all the colors your mother told you wouldn't work . . . and it makes them work beautifully."

"There's no reason on earth why you can't mix red, purple, lavender, orange, and yellow. Nature does it all the time. Just look at the flowers on the elegant French Provincial dresser. One simple but effective decorating trick is to use several shades of the same color family together. For example, notice how our new Fable shag carpet in lavend highlights the purple in the bedsprea And see how the gold of the sitti room walls is picked up in the plaid the love seat. (The furniture in this roo is from our Thomasville Chateau Proven Collection.) All that lavender, purpl gold, and orange is as compatible delphinium, violets, fuschias, and ma golds. If you're scared of off-beat col combinations, an easy way to see wh works is to take a walk in a garden



Big Idea?

Armstrong Interior Designer Louisa Cowan answers: "The dramatic theme."

"Pick an idea out of the air or a book or a movie, and develop it into a room."

"Theme rooms are the most fun. You can add to them for years. An 'Island Paradise,' for example. What a great 'escape' idea for a kitchen. The floor, surf-washed pebbles on a faraway beach. The carpet, sunbathed sand. And everywhere there are shells. And this floor also offers a more practical kind of escape. It's our no-wax Solarian®.

The natural-finish storage units are from our Founders' Keepers® II line. If shells are your thing, or bells, or old bottles, have some fun with a theme room.

Want more Big Ideas? Write Armstrong, 7310 Elm St., Lancaster, Pa., 17604. We'll send you a panorama of Indoor World literature.

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New ways you can get more out of Medicare

Health care costs have soared in the past few years, making it more important than ever to limit out-of-pocket medical expenses whenever you can. A significant aid for the elderly is Medicare. It now provides the basic health program for nearly 21 million older Americans. Some new provisions went into effect this July, and Medicare coverage is bound to expand dramatically in the years ahead. Whether you are retired or about to retire—or you have family members who will use Medicare—there are a number of basic facts you should know.

Medicare has two major components:

Part A, the hospital insurance portion, covers hospital and nursing home services, as well as some home health care services. To be eligible, you have to be entitled to social security benefits and be 65 years old. However, as of July this year, you are eligible if you are totally disabled and have been receiving disability benefits for 24 months; or you are a widow or widower, over 50 years old, who has been entitled to disability benefits for 24 months; or you have been entitled to child disability benefits for 24 months. You also are covered if you are under age 65 and need a kidney transplant or dialysis for kidney disease.

If you meet the eligibility standards listed here, you pay no premiums for Part A coverage. Even if you had little or no work record under social security, you now can get this coverage at a cost of $33 a month—provided you are 65 years old, also enrolled for Part B coverage, and you have been a resident of the U.S. for the previous five years, or you are a citizen or an alien admitted for permanent residency.

Part B provides for medical insurance and many other medical services and items not covered by hospital insurance. Most individuals who are 65 are eligible for this program even if they aren't covered by social security. The monthly premium is $6.30 now, but chances are it will increase by 1975. The premium generally is deducted from your social security check. In some cases, you can pay it quarterly by check to the Social Security Administration.

To make sure you are enrolled in both parts of the Medicare program, check with your social security office three months before reaching 65. You will automatically be enrolled in Part B unless you elect not to be covered. If you don't want Part B when you first become eligible, but wait until later to enroll, you'll pay a ten percent higher premium for each year you wait. If you cancel it more than once, you no longer are eligible.

Part A—Hospital insurance benefits

During any "benefit period," you pay the first $72 of your hospital stay, then Medicare covers the rest of the costs for the first 60 days. For the 61st to 90th day you spend in the hospital, you pay $18 a day and Medicare pays the rest. You also are entitled to a "lifetime reserve" of 60 days, which you can draw on in case your hospital stay runs over 90 days. If you use these reserve days (and once used, they are not replaced), Medicare pays all but $36 a day against your hospital expenses.

Medicare also covers costs of such items as X rays, lab tests, operating room, drugs, medical supplies, and special diets. Note that Medicare covers the costs of a semi-private room (two or four to a room). A private room is covered only if medically necessary. On the other hand, if you opt for a private room and such extras as TV or private nurse, you foot those costs. You also have to pay for the first three pints of blood you might need.

If you are hospitalized at least three days and then need post-hospital care, Medicare covers most of your costs in a skilled nursing facility, provided (in most cases) you enter it within 14 days after leaving the hospital. This is a key provi-

continued on page 8

Now—A life insurance policy that's designed to beat inflation

The next time you hear from your life insurance agent, he may offer you something brand new—a "variable" life insurance policy with death benefit payoff that goes up and down, depending upon the performance of a special fund invested by the insurance company in the stock market. Whatever the fortunes of the fund, the death benefit can never fall below the full amount set when you buy the policy.

This new type of policy represents the insurance industry's hope to offset inflation over the long haul. The Securities and Exchange Commission (SEC)—the agency that polices the securities industry—recently cleared the way for the sale of these policies. About half the states have already authorized the sale of variable life policies, and they should be available soon from a number of companies.

How do the variable life policies work?

Suppose you want to buy $10,000 in ordinary life insurance. If you are 35 years old, the premium for a nonparticipating policy (one that pays no dividends) might cost you $200 a year. For perhaps another $10 to $20 or so a year you could buy a nonparticipating variable policy.

The insurance company invests the money it receives from the sale of variable life policies in a portfolio consisting primarily of equity securities. Hopefully, the value of these securities will increase over a period of time. As the value goes up, so would the death benefit value of your life insurance policy. Of course, if the prices of the securities portfolio decline, so would the death benefit value of your life insurance coverage. But that death benefit is guaranteed never to decline below the $10,000 you contracted for at first.

Companies will not offer variable policies in the form of term insurance, which is "pure" insurance and builds up no cash value. Nor will variable life be sold as endowment insurance. Most policies will

continued on page 9



A newborn goes from Nature's perfect surroundings right into diapers.

So 1,760 hospitals use Pampers.

Now your baby's on his own – but he needs more love and care than ever.

When he's in your arms, you'll surround him with love.

When he's not, the hospital surrounds him with care and comfort.

One of the things the hospital does is use Pampers.®

Pampers has a Stay-Dry lining. Moisture goes through it and is absorbed below – away from your baby's tender skin. His little bottom stays drier, he stays more comfortable.

Pampers are diaper and pants in one. Your baby doesn't need plastic pants, so there's nothing to bind or chafe his tiny thighs or bottom.

Since Pampers aren't a diaper you wash, they're always fresh and clean.

And Pampers help keep your baby's clothes and crib dry because they're waterproof outside. (That's important to the hospital and to you, too, once you get your baby home.)

No wonder so many hospitals think Pampers are the best all-around way to diaper babies.

And so many mothers think Pampers are the best diaper to surround a baby with.



Pampers. A nice dry place to grow up in.

continued

Medicare

sion: Medicare contributes coverage if you enter a nursing home without first being a hospital patient. Also keep in mind that skilled nursing care should not be confused with custodial care, which isn't covered. Check to make sure the specific facility is eligible for Medicare coverage.

In the nursing home, Medicare pays all bills for the first 20 days, and you pay $9 a day for the next 80 days. While there, you are covered for the same services and items as in the hospital.

Part A also includes up to 100 visits of a visiting nurse, or physical or speech therapist if your doctor feels they are needed.

When you leave the hospital or nursing home, you pay that part of the bill the Medicare doesn't cover. Also keep in mind that Medicare won't cover you if you are outside of the United States or its possessions, except in very special circumstances.

Part B—Medical insurance benefits

If you are enrolled in Part B, after you've paid the first $60 of medical expenses a year, Medicare will cover 80 percent of most medical services, including treatment by a physician at the hospital, his office, your home, or elsewhere. Medicare will only cover 80 percent of the "reasonable" cost, however; that generally means the doctor's charges can't exceed fees for the same services set by most physicians in the area; nor can he charge you more than what he customarily charges patients. For instance, if you go to an expensive doctor out of town, Medicare might well cover less than 80 percent of his fees.

The medical insurance program also covers up to 100 home health visits a year. These could include part-time skilled nursing care, or physical or speech therapy services, renting or buying such prescribed equipment as crutches, hospital beds, and wheelchairs. The program also covers certain medical supplies, outpatient physical therapy services, ambulance services, and outpatient diagnosis and treatment services.

Here are some examples of what Part B won't cover: routine checkups, immunizations, drugs bought while at home, dental care, eyeglasses, hearing aids, cosmetic surgery.

How do you pay your share of Part B?

There are two ways. If the doctor agrees to accept assignment, you pay any part of the $60 deductible not yet met, plus 20 percent of the reasonable charge; Medicare pays the doctor the rest. Or you can submit a claim to the Medicare insurance carrier. They will pay you, and you in turn pay the doctor. (You can make the claim with an itemized bill whether or not it has been paid.)

Make your claims to the local insurance carrier designated by Medicare. If you don't feel you've received adequate reimbursement, you can ask the carrier for a review; if you get no satisfaction, you can then ask the

To make exciting desserts wit



local social security office for its assistance.

Medicare will routinely send you statements indicating how much of your benefits you have already used, and what has been paid so you can keep your financial records straight.

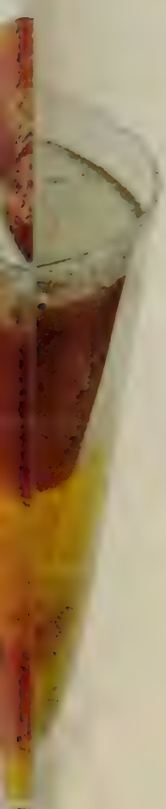
For full details on benefits, ask your local social security office for a copy of "A Brief Explanation of Medicare." ■

Family Money Management Next Month

- New ways to pay less for the things you buy
- Women and social security
- What U.S. Savings Bonds can do for you.

...e cream, start with Jell-O.®

BRAND GELATIN



You can serve this dessert on any day. In less than an hour.



1. First dissolve gelatin with boiling water in an 8 or 9 inch metal pan. (The pan helps the gelatin cool faster.) Then remove 1/2 cup and pour into a bowl. Add 1/2 cup cold water to the gelatin in the pan and place in the freezer until it thickens—10 to 15 minutes.



2. Meanwhile, add 1 cup ice cream to the gelatin in the bowl, stir until smooth. Remove thickened gelatin from the freezer and, if desired, stir in fruit, reserving a few pieces for garnish.



3. Spoon thickened gelatin and fruit into individual dessert glasses.



4. Top with the ice cream-gelatin mixture. Chill 30 minutes. Garnish and serve. Make a quick dessert for your family tonight. It's easy when you start with Jell-O Gelatin.

Ingredients:
1 pkg. (3 oz.) Jell-O Gelatin, any flavor
1 cup boiling water
1/2 cup cold water
1 cup vanilla ice cream, or your favorite flavor
1 cup canned fruit—drained—fruit cocktail, sliced peaches, or mandarin oranges
Makes 5 servings with fruit added.

Start with Jell-O.

This recipe is part of a series. Tear it out and soon you'll have a great recipe collection.

Jell-O is a registered trademark of General Food Corp.

begins on page 6

Life insurance

be straight life—cash value insurance. Some firms probably will offer variable life on a limited payment life basis, which means you pay premiums just for a specified number of years, and then the policy is paid up in full. (Premiums are higher for this kind of policy because you are paying in only for a limited time.)

While the minimum death benefit level is guaranteed with variable life insurance, the cash value that your policy accrues is not. With some policies, there may be no loan value on which to borrow. With others, the cash value—and the amount you can borrow against it—may fluctuate up and down in relation to the current payoff value of the policy. Premiums also may fluctuate with some variable life policies.

How well would variable life have done in the past?

Not badly, since the stock market has been going up—over the long run, at least. If in 1950 you had bought a $10,000 variable life insurance policy of the type now being proposed by one company, the benefits would have reached a peak of $18,810 in 1967, then slipped to $14,030 in 1970 and climbed back to $16,710 by 1971. These figures are based on the assumption that the stocks in which your premiums were invested rose and fell in price at the same average rate as did Standard & Poor's index of 500 stocks. In actual fact, the success of any individual variable policy will depend on how successful the insurance company is in managing its securities portfolio. The performance could be better or worse than that of the S&P index.

Would you have stayed ahead of inflation?

Again, that depends on the performance of those supervising the insurance company's portfolio. If the company's investment performance had matched the Standard & Poor's average, the answer is, "almost." Say you had decided to save $20 a year in premiums by buying a straight life policy for $10,000 instead of variable life. Inflation would have reduced that $10,000 to the equivalent of

continued

"I'll bet they're rich."



Don't. You'll lose. It's just that they know how to budget wisely. They buy Bassett.

The Johnsons are an average young family. Mother. Father. Kids. A dog. A car. And now a nice new home. But they know how to shop sensibly.

They have a cozy Early American living room. With a dining room to match. But Mom's choice was Mediterranean for their bedroom. The Johnsons know where to go for style and variety.

Tommy's still in grade school. So they bought him a moderately priced rugged bed, dresser and student desk to last through college.

The Johnsons have an eye for quality and value.

Nancy's only four. But her lovely young Country Inn bedroom will grow with her through the teen years.

No doubt about it. The Johnsons are a Bassett family. And it's easy to see why.

We too come in all different shapes and sizes and styles. So whatever yours is, you can show it with Bassett.

And no matter what your budget style, we can match that too. Why the Johnsons' sofa cost less than $300. The armoire less than $350. Their complete living room, less than you can imagine.

Still another quality Bassett feature. Many fabrics are protected with Du Pont Zepel® soil/stain repeller.

So choose wisely. Bassett. And let them think you're rich.

Bassett

lets you show your style now.

For 40 pages of furniture decorating ideas, send 50¢ to Idea Book, Dept. C103, Bassett, Va. 24055.



continued

Life insurance

$5,900 in 1950 purchasing p
er. By paying the additional $
year for a variable life policy
$16,710 benefit in 1971 w
buy the equivalent of $9,90
1950 prices.

**What does the insurance comp
make?**

Its agent gets a commission
selling the policy, and the c
pany will get a fee for mana
the investment of your premi
The company also must be
to provide for various exper

Proposals submitted to
SEC differ quite a bit from c
pany to company, but gene
they agree that a 4½ per
annual increase in investr
value over the long haul w
be required before the d
benefits or cash value leve
their variable life policies w
even begin to rise. During
first ten years, two companie
timated they would need at
a 13 percent annual increas
investment gains to provide a
percent annual increase in
death benefit. (This may seem
a disproportionate ratio to
but insurance company offi
say such an increase in d
benefits on a regular policy w
force the insurance premiun
be increased by 2½ to t
times.)

Has the idea been tried before

Life insurance companies
been selling policies simila
variable life for years in Brit
Canada, and Holland. Vari
annuities, which are based
the same idea of tying paym
to investment rises and falls—
which pay monthly income ra
than death benefits—have
sold in this country for qui
while. About 60 companies
variable annuities—many to
porate pension plans—and ab
a million persons are covere
them. Until the January rul
however, variable life insura
policies could be sold in
country only to tax-qualified
porate pension plans. Now, m
experts believe that these
policies will be one of the n
popular products available.

Your best bet, however, i
go slowly. Don't put all your
surance money into variable
policies. Before you buy, be s
you study the prospectus. (
salesman is required by law
give it to you.) Ask him about
company's investment experie
in the past. Take time to evalu
the company's management
well as other important inv
ment factors. ■



Remember when you felt that all your life you would be stumbling over all those non-existent barriers? Then, there were the braces – for days, you held your lips tightly together not wanting to smile, wanting to die. Then he told you how beautiful you were. The most beautiful thirteen-year-old in the world. That moment—nothing else mattered but pleasing him. So, you gave him the biggest grin you could muster. Braces and all.

Now that you're grown up and moved away from home, you can still have those heart-to-heart talks with your dad. Any time.

Long Distance is the next best thing to being there.

What can you really expect from your Better Business Bureau?



It can be one of the best sources available for helping you judge in advance whether or not to use a particular business or service. Your Better Business Bureau (BBB) also may provide useful information on how to be a wiser consumer generally. And, if wisdom or luck weren't with you on a particular transaction with a local firm, the BBB will try to help you resolve your disagreements with that company.

There are more than 140 Better Business Bureaus in the United States and Canada. Their primary purposes, according to the national standards established by the Council of Better Business Bureaus, are to inform the consumer about local businesses, to promote responsible advertising and selling practices, and to intervene when buyer-seller disputes cannot be resolved directly by the parties involved. Most Bureaus are voluntary, self-regulated institutions financially supported by local businesses.

The nature of Better Business Bureaus poses some problems in the minds of many consumer advocates. For one thing, there is the question of how effective a business-funded agency can be when serving the interests of the consumer. The Bureaus' answer: self-policing through the BBBs is simply good business. A satisfied customer, after all, will be likely to bring in more business, and an angry customer most certainly won't.

The national Council also outlines specific procedures to minimize the possibility of favoritism. According to the Council's rules, for example, business members and nonmembers are to be treated in the same way, and members can be suspended if they do not keep up with the Bureau's established standards.

Yet the fact remains that local Bureaus are fairly autonomous, and any individual Bureau's effectiveness depends to a great degree upon the quality and interest of its particular members and staff. Nevertheless, especially in recent years, the national organization has stepped up its activities to see that services are improved and most practices standardized throughout the country.

One major problem that seems on its way out is that of getting through to the local Bureau at all. Nationwide, the BBBs receive far more calls and letters than any other agency in the country—over eight million each year. (Inquiries outnumber complaints about four to one.) Many Bureaus just have not had the necessary staff or budget to handle the barrage. Often a consumer's phone call was met only by a busy signal, or a letter went unanswered for a long time.

In the past two years the Bureaus have spent nearly two million dollars to improve phone capacity. The Council reports that the chances of getting a busy signal have been reduced from 40 to 10 percent on a national average, and overall the Bureaus are now geared to field 3½ million additional calls.

What kind of information can you realistically expect?

One of the best ways to use the Bureau is to check out a company or service *before* you do business with it. Each Bureau keeps a running file on all its members, as well as many other businesses in the community. Typically, here's what you will be told.

- The company's address, length of time in business, and owner.
- How well the business meets BBB standards. Are there any complaints on record? Have complaints been settled satisfactorily? If not, what happened?
- (If applicable) The fact that the BBB has no information on the company.

It's up to you to draw your own conclusions from these facts. Most Bureau operators are requested by policy to limit their conversations with you to a report of the reliability and reputation of the particular business—and that's all.

How are complaints handled?

When you call, you'll be sent a standard form to fill out. This gives the Bureau specific information about such things as when the transaction took place, who the company is, the nature of your complaint, what you consider to be a fair resolution. The Bureau also wants to know when you complained to the company and the BBB won't take action unless you have attempted to come to terms with the company yourself first.

The BBB forwards your form to the company and follows up within ten or 15 days if there is no response. There's another follow-up a week or so later. If the company still has not answered (on a national average, only about five percent have not by this time), the BBB will let you know and probably advise you to take action through your lawyer.

Some Bureaus take a company's word when it says it has handled your complaint; others check with the consumer, too. At the same time, the Bureau adds the information to its files about specific companies. Members will be chastised and possibly suspended if irresponsible practices continue. In cases of blatantly illegal activities, the BBB may contact the authorities.

What can't you expect?

Basically, you cannot expect your Better Business Bureau to:

- Represent you in court or participate on your behalf in any form of legal action.
- Recommend specific products, brands, services, or firms.
- Act on the pricing of goods and services, unless there is a question of misrepresentation related to price.

How's their record?

That depends upon your viewpoint, especially if you're the person with the complaint. When you're satisfied, the Bureau seems great; when you're not happy, the Bureau may not seem so great after all.

Such evaluations can be highly personal, of course. Still, the Bureaus do attempt to keep track of resolutions. In one major city, for example, the Bureau reports this performance: Approximately 40 percent of complaints handled "to the satisfaction of the consumer"; 34 percent handled "to the satisfaction of the Bureau, but not the complainant" (often the consumer has been found in error, but in that case he's still not likely to be satisfied); 17 percent unanswered by business concerns; six percent in dispute over facts; and 1.6 percent "unsatisfactory" by both Bureau and consumer standards.

What else can they do?

In addition to answering inquiries and attempting to resolve complaints, the BBB has taken on several other tasks. Not all Bureaus perform the following services, but you might check to see what's the case in your area:

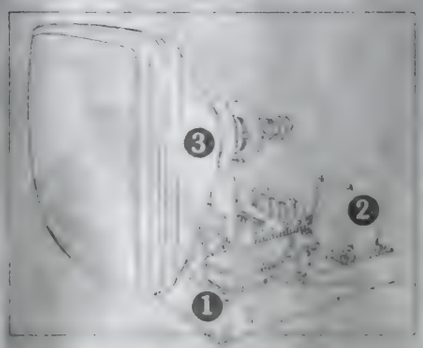
- Establish and maintain standards for local advertising. To the extent that staff and budget permit, most Bureaus monitor local ads and call for revision when Bureau standards are violated. In extreme cases, companies may be asked to publicly retract or correct deceptive advertisements. Sometimes, media will discontinue advertising until corrections are made.
- Publish and distribute pamphlets and books on many subjects related to holding your own in the marketplace. BBB specialties: publications that reveal and warn against dishonest and unfair selling schemes and techniques.
- Provide mobile units to bring services to more people in more areas. Typically, units receive complaints, answer inquiries, and distribute educational material.
- Set up consumer councils to encourage membership, participations, and involvement in Bureau activities. Currently there are consumer councils in seven cities, with nearly 2,000 members.
- Provide arbitration systems for settling consumer-business disputes on a voluntary basis. At present, arbitration is offered by 45 Bureaus, and 3,000 complaints are scheduled to be heard.
- If you are in an area that isn't served by a Better Business Bureau, or if your Bureau fails to meet consumer needs adequately, write the Council of Better Business Bureaus, 1150 17th Street NW, Washington, D.C. 20036, to find out what can be done to provide effective Bureau services in your locality. By working with the Council—and with local groups—you may well start one of the forward-looking Bureau programs in your town. ■

Zenith introduces a whole new TV system– Solid-state Chromacolor II.

It's all new from chassis to picture tube. You get Zenith dependability and the best color picture we've ever brought you.

1. Zenith's 100% solid-state chassis. The most powerful chassis Zenith has ever built, for cleaner, more naturally brilliant colors. And Zenith solid-state design means years of dependable operation.

2. Unique voltage regulator to protect components. Another Zenith first. We call it Power Sentry. It guards your chassis and picture tube,



keeps your picture sharp under varying voltage conditions.

3. Advanced Chromacolor picture tube. The brightest picture tube in Zenith history. You get more contrast and detail than we've ever brought you before.

Zenith quality and dependability.* We're proud of our record of building dependable, quality products. But if it should ever happen that a Zenith doesn't live up to your expectations, we want to hear from you. Write to the Vice President, Consumer Affairs, Zenith Radio Corp., 1900 N. Austin Ave., Chicago, Ill. 60639.

At Zenith, *the quality goes in before the name goes on.*

*In two recent nationwide surveys, independent TV service technicians named Zenith, by more than 2 to 1 over the next best brand, as the color TV needing fewest repairs. Survey details on request.



We'll take it off your hands.



No matter what your hands get into, BORAXO® Powdered Hand Soap will help you come clean. After all, BORAXO is the largest selling, most widely used industrial hand cleaner.

BORAXO Powdered Hand Soap with its deep-cleaning grime fighters have been helping industry clean up for over 70 years.

And with BORAXO® Creme Hand Cleaner you can wash up without water anywhere.

Come clean with **BORAXO**.



The cleaners the pros use.

HE COOKS

Artichoke entrée

Extra artichokes on hand? Not a usual occurrence in most households, but it happened to Steven Null, Phoenix, Arizona. Using his culinary talents, Steven created an entrée that you'll want to serve to very special friends.

With the artichokes as his basic ingredient, he started pulling other items from the shelf to enhance the thistly vegetable. He cooked the artichokes, made a roux, and added sauterne and clam juice. Crab and parmesan completed the sauce, and each artichoke was crowned with a thin triangle of gruyère. Then he baked them till heated through.



Photographs: Ellen D.



Buying information, page 1

ARTICHOKE ENTRÉE

Steven serves the artichokes as the main course accompanied wi drawn butter and rice pilaf, or as an appetizer before dinner.

4 artichokes
1 tablespoon minced green onion
1 clove garlic, minced
2 small bay leaves, crumbled
4 tablespoons butter or margarine
¼ cup all-purpose flour
Dash pepper
1 12-ounce can (1½ cups) clam juice
¼ cup dry white wine
1 7½-ounce can crab meat, drained, flaked, and cartilage removed
¼ cup grated parmesan cheese
1 triangle (1 ounce) gruyère cheese

Cook artichokes in boiling salted water till tender, about 25 mi utes. Drain upside down. Cut off top third of artichokes, tri base, and remove choke. Trim tips of leaves and place in 8x8x inch baking dish. In medium skillet, cook onion, garlic, and b leaves in butter or margarine till tender but not brown. Blend flour and pepper. Add clam juice; cook quickly, stirring co stantly, till mixture thickens and bubbles. Stir in wine, crab, a parmesan. Spoon into the artichokes. Slice gruyère into 4 t angles; place one atop each artichoke. Pour boiling water in baking dish around artichokes to depth of ½ inch. Cap loose with foil. Bake in 375° oven for 25 to 30 minutes or till heat through. Makes 4 servings.

WANTED: RECIPES MEN LIKE TO COOK

Men—share your recipe with us. We'll pay you $50 for it if selected. No food categories, no deadlines. Send your entry to "HE COOKS," P.O. Box 7, Des Moines, Iowa 50336. Recipes submitted become property of Meredith Corporation.

Service by appointment.
Because General Electric knows your time is as important as ours.



About the only thing worse than oken appliance is an appointment 's broken by the man who's sup- ed to fix it.

So we've done some unusual gs to avoid this if that man happens e a GE Factory Service technician.

It's part of something called tomer Care...Service Everywhere," nationwide effort to give you good vice, no matter where you are.

First of all, when you call any one ver 100 Factory Service Centers, you don't get a runaround. You get an appointment.

When we say our man will be there between 8:00 and 12:00 noon, we mean that morning. Not 8:00 that night.

Since most all of our Factory Service trucks are radio-dispatched, we know who's where, why and approximately how long he'll be there.

But no one's perfect.

So if we see that our man is running late, we don't make a mystery out of it. We'll try to call you ahead of time.

And if there is a charge, we even accept BankAmericard or Master Charge if you don't have the cash around or your checking account is low.

In addition to our Factory Service Centers, there are more than 5000 General Electric franchised servicers who work in most every hamlet and hollow. So if you can get to a phone, they can get to you.

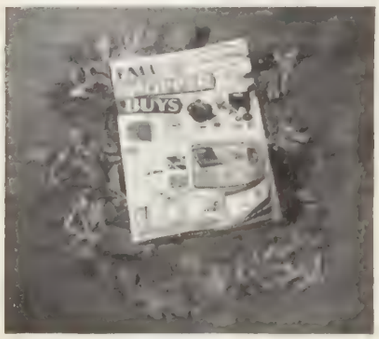


Good Service...Another reason why GE is America's #1 major appliance value.

GENERAL ELECTRIC

Home care

starts with better do-it-yourself values at your local True Value Hardware Store, a member of America's largest independent hardware store network.



Watch for the new value-packed Fall Shopper—in the mail soon from your True Value Hardware Store. Shop hundreds of items for home care, repair and winterizing needs. All outstanding values—because 4,400 True Value member stores put their combined $500 million buying power to work searching out top quality merchandise at lowest possible prices.

You can count on friendly, personal attention to your shopping needs at a True Value Hardware Store, too. Because the man who owns it is an independent businessman—keenly aware that service *plus* superb value adds up to complete customer satisfaction.

Check the True Value Fall Shopper when it arrives or, if you don't receive a copy, ask your local True Value Hardware Store for one.

OCTOBER SPECIALS

Furnace Filters. Buy a six-pak, change them monthly for clean air, efficient heat. 1" sizes: 20 x 20", 16 x 25", 16 x 20", 15 x 20", 14 x 20". 50¢ refund offer on special six-paks, only. **2.89**



One-Coat X-O Rust. Long-wearing weatherproof protector for new metals. Stops rust and puts new beauty on old surfaces: tools, gutters, ironwork, any metal. 17 colors. Pt. **1.75** Qt. **2.85** Gal. **7.85** 16-oz. aerosol.... **1.79**



True Value HARDWARE STORES

COTTER & COMPANY
100% MEMBER OWNED
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Can you steer clear of an accident?

There is growing evidence that many accidents could be avoided if the driver knew more about his car's capabilities.

Do you know how much space you need to stop from 40 mph? From 70? You can learn if you are on a dry, well-paved road that also happens to be deserted. Step on the brake pedal, but not brutally. Squeeze it down toward the floor, and try to sense any kind of message the pedal might be sending back through your foot such as grabbing on one side or a lack of response indicating the road surface is wet or your brakes are malfunctioning. Try to avoid locking the wheels, but if that happens back off on the brakes and give the tires time to get rolling again. Then squeeze down on the pedal, same as before. Remember, once you lock the wheels, you've lost control.

Chances are you know how to swerve to avoid an accident. You may have been behind a driver who hit his brakes the moment he realized he just missed his exit from the turnpike. You check the mirror to make sure the next lane is free, and go around the car. How much space is needed for the lane change? How many seconds do you have to avoid hitting the car in front? If you know your car's maneuvering abilities, you'll know you don't need much time, or space.

In normal driving, you don't often use more than one-third of your car's cornering ability. That's when the tires usually begin to squeal. Go a bit beyond that, and you'll experience an uncomfortable rolling sensation. If you go further, the steering gets terribly vague. These are just warnings that you are climbing up on the scale of what the engineers call lateral acceleration, and what you probably think of as cornering ability. You're still a long way from the limit—the limit being the point of breakaway or complete loss of control.

In an actual emergency, turn the wheel for all it's worth. Don't crank it half a turn and then, disappointed in the lack of response, give up. That way you'll just increase the amount of wreckage. Keep turning that wheel, and be quick about straightening out when you've missed the obstacle.

Don't worry about a sharp turn's causing your car to roll over. Contrary to what some auto industry critics say, American cars do not roll over easily on flat surfaces. In fact, when the auto makers wish to test a car in a roll-over situation they must build a special ramp because a high-speed 90-degree turn alone won't flip most vehicles.

In making sharp maneuvers, it is best to stay off the brakes. You can always stop and take a breather when you've reached safety.

You should practice using your brakes as little as possible. Brakes stop the wheels, but the friction of the wheels against the pavement stops the car. This friction creates a great deal of heat and can result in a blowout if your tires are a little sparse on tread. Most of the time it's easy to avoid braking if you allow plenty of room between your car and the one in front of you.

You can prepare yourself for a highway emergency. First, your mental makeup has to be fit. You've got to stay alert and pay attention. The sooner you can spot a source of danger, the more time you'll have to avoid it.

If you're an experienced driver, chances are you're using your eyes to prime your mind with all kinds of information about the road itself, its path and surface, the traffic picture around you, road signs and signals from other road users.

You must sit right. Your car cannot be in balance on the road if you're not balanced in your seat. Seat belts help keep you secure in your seat, quite apart from their basic protective purpose. With your belt fastened, you have better balance and better control of the car, and more chance of avoiding accidents.

Next, get back from the steering wheel. If you sit too close to the wheel, you just won't twirl it fast enough to steer around an obstacle. Lean back in your seat. If you're hanging on the wheel, you have no stability in an emergency, and the odds are heavily in favor of an accident.

Hold the wheel at nine o'clock and three o'clock, most experts advise. Some recommend ten and two hand positions. The same driver doesn't always grip the wheel the same way on different cars.

The important thing is to k[eep] both hands on the wheel, a[nd] one on each side, high enou[gh] to put it in a sharp steering [ju]gle with a minimum of warni[ng].

From experience you h[ave] probably developed a habit [of] looking for an escape route [in] case a threatening traffic sit[u]tion develops. This constant s[ur]veillance is the basis for all d[e]sive maneuvers. You may [not] even be conscious of doing [it] but in effect you're making [al]ternate plans for driving acti[on] all along, depending on how [the] traffic picture changes. This [is] excellent, and the more you [ac]tivate this habit, the safer yo[u'll] be.

If you want to sharpen yo[ur] driving skills and learn m[ore] about vehicle control, you [can] participate in local sports [car] events, such as gymkhanas. [For] information on the activities [in] your area, write to the Sp[orts] Car Club of America, Box 7[23], Westport, Connecticut 068[80]. You need not own a sports [car] to participate.

A number of traffic safety [in]stitutions around the country [are] sponsoring advanced dri[ving] courses in how to cope [with] dangerous situations. Most [of] courses are held by universi[ties] and high schools, and are [be]as a follow-up to regular dr[iver] education. If you are intere[sted] in taking such a course, wri[te] Liberty Mutual Insurance C[om]panies, 175 Berkeley Street, [Bo]ston, Massachusetts 02117. [They] will advise you on the ne[arest] available program.

Whatever you do, don't [cut] your driving short. You and [your] car have greater accident-a[vo]idance capabilities than you [real]ize. If you're threatened wi[th] imminent crash, don't panic [and] your skill and experience [will] work for you. Accidents [are] avoidable; you only have to [per]form the same driving tasks [you] normally do—but better, a[nd] less time. Act quickly, and [trust] your judgment.

By tire noise, attitude, [the] steering wheel "feel," you [car] will tell you how close yo[u are] to making full use of its ev[asive] ability.

If you know your car's [be]havior in normal driving, [you] also be able to handle it rig[ht up] to its limits of controllabi[lity] and that's all you can ask.

Why don't you become a well-paid Interior Decorator?



It's a high-income field where a woman is in her glory. There is a good demand for decorating services and opportunities are abundant . . . even if you use only part of your time. You can train at home without interrupting your regular duties.

BY JANICE TRIMBLE

I don't think there are many fields today that offer more pleasure or greater rewards to a woman than that of interior decorating.

It is an ideal place to put your natural love of beauty to practical use. You can do this in a well-paid position or you may decide to go into business for yourself.

Do you enjoy doing your own decorating? Have you ever helped a friend solve a decorating problem? Then you may have the makings for success as an interior decorator.

Even if you've done no decorating, you may be one of the many women with natural talent in this direction—talent just waiting to be developed.

You can now train for this work at home, in your spare time. No previous skills or experience are required for this training. Why not look into the many opportunities that interior decorating offers you?

A tremendously expanded field

It used to be that only wealthy people employed interior decorators. That's no longer true. Increasingly large numbers of homemakers now rely on the services of decorators. They know that a decorator can provide beauty and individuality—and can often save people money, too.

The work of a decorator is varied and interesting. It frequently takes you and your clients into smart showrooms and shops filled with treasures. You move in a world of fashion, creativity and ever-new challenge.

Designing and furnishing even a single room may earn a decorator a fine commission; larger assignments, of course, earn them much more. Many women do well just in part-time work; their own homes sometimes serve as showcases for prospective clients.

But decorators are busy in many areas besides homes. Their talents are employed in decorating hotel rooms, business offices, building lobbies, clubs and institutions. That's why the field has grown so large.

What the LaSalle Course teaches you

The LaSalle Course in Interior Decorating has been prepared to give you practical, complete and up-to-date preparation for this exciting modern career. Lessons come to you by mail; they are as fascinating as the work itself. Much of the study material included is unique in a course of this kind. You get fine quality sketching equipment, coloring materials, stencils that make it easy for you to draw room plans, and much more.

Step by step, you are shown how to develop your creative ability. You are taught the principles of color and design and the historic background of today's decoration. You are trained in the selection and use of furniture, fabrics, accessories, lighting. You learn how to achieve beautiful settings to delight your clients and build your reputation. Even before you have finished the course, you may want to apply your new knowledge to glorifying your own home.

At each step, you are given practical assignments which are then carefully reviewed by your instructors and returned to you. You are coached with care for your work as a decorator.

The LaSalle Course in Interior Decorating is backed by more than sixty years of leadership in the field of home education. More than 2,000,000 people have enrolled for home study courses with LaSalle.

Mail attached card for free booklet

If you are seriously interested in the new opportunities offered by a career in interior decorating — if you are prepared to devote a few hours of your spare time each week to conscientious study in order to attain your goals — send attached postpaid card to receive LaSalle's booklet "Your Career in Interior Decorating" — free and without obligation. It describes how the LaSalle course prepares you for the many profitable and enjoyable areas of achievement as a decorator. You may be surprised by the low cost of instruction. LaSalle, 417 S. Dearborn Street, Chicago, Illinois 60605.

If card has been removed, mail this coupon

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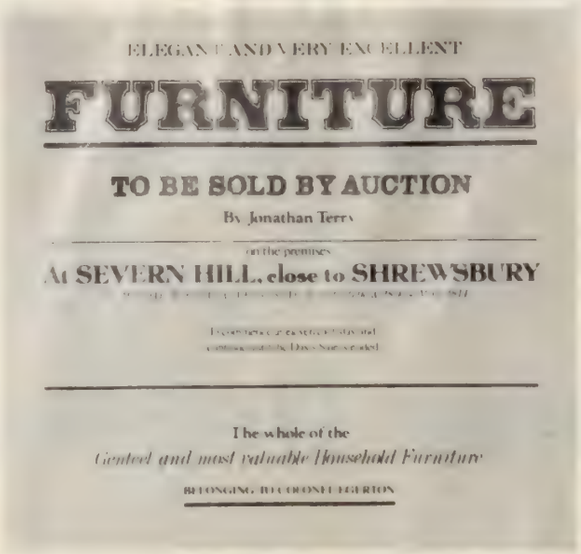
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ELEGANT AND VERY EXCELLENT

FURNITURE

TO BE SOLD BY AUCTION

By Jonathan Terry

At SEVERN HILL, close to SHREWSBURY

The whole of the

Genteel and most valuable Household Furniture

The facts and the fun of auctions

Almost anything man has ever set value on can be found at an auction. A growing number of people are finding auction-going a fun-filled pastime, and sometimes a profitable hobby. If you're interested in joining them, you'll find plenty of auctions to choose from all over the country. To name a few, there are farm auctions, estate auctions, antique auctions, animal auctions, hotel auctions, and car auctions.

Auctions offer the excitement of lots of activity, a great way to find inexpensive furniture, and a marvelous way to meet people. And who knows, you might be one of those lucky people who unknowingly buy a rare and valuable antique for a few dollars. But whether or not you bring home a bargain really doesn't matter. What counts is the pleasure you get from attending an auction.

The collecting urge

No one has yet come up with a satisfactory explanation of what it is that compels the collector to collect. But as long as people collect things, there will be auctions. Public auctions date back to 500 B.C. Those were the days when the bachelors of Babylon hurried to an annual auction to select a bride.

No matter where you live, you'll probably be able to find the whereabouts of an auction by checking the newspaper classifieds. For an all-day outing, there's nothing quite like an old-time country auction where families bring picnic lunches, and take part in the goings-on. Country auctions are usually held in an old barn, the town hall, or perhaps in an old farmhouse which has been purchased and renovated to house a weekly auction.

Bidding basics

There are many tales of people who've ended up with an unwanted purchase just because they twitched their nose, and the auctioneer mistook the twitch for a bid signal. One early tale concerns a Roman who is said to have fallen asleep while Caligula's estate was being auctioned, and woke up to find that his nodding had bought him property he had never seen before. Ever since, novices have been cautioned about the hazards of tugging an earlobe, scratching the nose, or waving a catalog. However, today's auction-goer needn't worry unduly, since all such signs are prearranged with the auctioneer.

You can improve on the fun and excitement (and profitability) of an auction if you know what you're doing before you begin to bid. It's always a good idea to investigate the merchandise ahead of time, writing down the number or description of the items that interest you.

The actual bidding is quite simple, although some inexperienced auction-goers get so carried away they start bidding against themselves. (One little-known rule about bidding is that when two people simultaneously make the same bid, and neither will budge, the person sitting closest to the auctioneer wins the bid.) Most auctions have previews where you can thoroughly inspect the items being sold. But if you attend an auction that doesn't offer a preview, then make sure the auction house offers full return privileges. After all, the auctioneer will insist on seeing your money up close, so you have every right to eagle-eye his merchandise. Another reason for making inspections is that auctioneers normally are not responsible for expounding on the defects of an item. If you buy an old chair and it collapses when you sit on it, that's your problem, not the auctioneer's.

Bidding jargon

There's a strategy to bidding at an auction, just as there is to bargaining. Bidding adeptly does take practice, but here are some common auction terms to help you on your way:

- *"As is"*—The auction house is not responsible for the condition of any item or goods sold. The risk rests with the buyer.
- *"Buyer's privilege"* — The winning bidder on the first of a group of similar items gets the option to buy the rest at the same price.
- *"Knocked down"*—Sold.
- *"Lots"* — This is an important term to know because you can really get stung if you don't. It means that items are sold in groups, and when you buy the "lot," you've bought the *whole* group, not just one item in it. At a hotel auction, for instance, you might be surprised to learn that you've purchased ten bedroom sets at $200 each. The auctioneer might say something like "Ten bedroom sets, $300 each, take 250, 200—sold to the lady with the white hat." The bidder who didn't understand the word "lot" then gets ten bedroom sets at $200 each whether she wants them or not. So again, be careful when you hear the word "lot."
- *"Reserve"* — The set price below which an item may not be sold. For instance, the owner of the item has the right to set a reserve price. And, the auctioneer also has the power to refuse a bid if it is out of line with the value of the article.
- *"Shill"* — This is a house employee who mingles with the buyers to stimulate bids. This practice is no longer used by reputable firms.
- *"Signaled bids"* — This means that the bidder's signals have been prearranged with the auctioneer to protect the bidder's anonymity. For instance, the nod of the head, a touch of the nose, etc., may signify a bid.

Auction-going gear

There are several things to bring along when you attend an auction: a pen and pad for taking notes about items you might want to buy, a measuring tape (there's nothing like buying a piece of furniture, then finding it won't fit through your door), a magnifying glass to help you identify such details as hallmarks and signatures, and a small magnet to help you determine whether an object is made of iron or bronze.

If you're a novice antique collector, you might be interested to know that a recent revision of the U. S. Customs Service Law now defines any object that is 100 years old as a bona fide antique. Until a few years ago, the cutoff date was 1830.

How can you tell if a piece is really old? The experts say you should look for wear. The feet of any old piece of furniture should show signs of slow abrasion of time, and this is quite different from the deliberate physical distressing done with tools and sandpaper. Even porcelain and glass will show wear around the rims and bases. Drawer runners should always be examined for signs of wear from decades of friction. The presence of modern nails and screws in antique furniture should always be viewed with suspicion. Old wooden dowels are slightly oblong or squarish, not round. Circular saw marks and cast-iron hardware mean the piece was made after 1840.

Antique prices have been increasing at the rate of ten to 15 percent a year over the past ten years, so you can see that you don't have to cling to a piece for a hundred years to have it increase in value.

Auctioneers advise novices to be sure to read the "Conditions of Sale" before doing any bidding. These constitute the "rules of the game," and will be found posted in or around the auction house. The conditions are usually the same: The highest bidder gets the merchandise; the bidder must pay for the item with cash or a certified check, and remove his purchase from the premises as soon as possible. Some auction houses will accept a sizable deposit, and allow a day or two for the successful bidder to remove excessively bulky objects. And some houses will deliver purchases to your home—at your expense, of course. ■



Sears presents the no-snag, no-sag drapery rod. Made beautifully for your beautiful draperies.

The look is elegant. From traditional, to gleaming modern, to mellow Mediterranean. And this is just part of Sears exclusive traverse rod collection.

But what you can't see here is the craftsmanship. Tension-pulls engineered to keep nylon cords taut and prevent tangling. Moving parts that are self-lubricated for silent and smooth-drawing draperies. And extra-durable construction, so even heavy, heavy draperies draw smoothly—without sagging.

Sears trouble-free drapery rods. No snag, no sag—and nowhere else but at Sears. At your nearest large Sears, Roebuck and Co. store, or by catalog. At a price that will be sure to delight you.

Only at Sears

The look
for the life you live now.

An enthusiastic awareness of what's new. A scrupulous dedication to what's lasting. That's what Henredon is all about . . . a tradition of uniquely livable furniture. In that tradition, Henredon offers you an extensive array of upholstered furniture in your choice of the choicest fabrics. Many of these meticulously tailored sofas can be custom-made to the inch to suit your exact space requirements. Another livable touch: the little coffee table from Henredon's Four Centuries Collection has a big secret; its top leaves fold out into an expansive 24 x 56 inches of serving space. To see the entire range of Henredon's Four Centuries and Upholstered Furniture Collections, send $2.00 for brochures to Henredon, Dept. BHG 10-73, Morganton, North Carolina 28655.

Henredon



HOW TO COPE WITH CROUP



About three o'clock one morning last winter, a young mother was awakened by a strange noise. Going into the room of her two-year-old son, she found him sitting upright in his crib, breathing noisily as he fought for air.

For one panicky moment she didn't know what to do. Then the child was seized with a peculiar barking cough that she recalled from her own childhood. Croup, she diagnosed. How do you treat it? Then she remembered her mother's old croup kettle. Steam should help.

Gently she carried the frightened child into the bathroom and turned on the tub's hot water tap full tilt. Sitting on the edge of the tub, she rocked and soothed the boy as he inhaled the steamy vapors. Soon his breathing eased and he fell fast asleep.

Fortunately, the boy had a mild case of croup. Later, the doctor treated him at home, and in a few days he was scampering around the house with his usual enthusiasm. But other children with more severe croup aren't so lucky.

What is croup? We tend to think of it as a disease, like measles or mumps, but it isn't. It's a condition or symptom triggered by a bacterial or viral infection, such as a cold, or influenza, or (less often today) diphtheria. No single bacterium or virus causes it. The infection settles into the larynx (voice box) and trachea (windpipe), causing inflammation and swelling, and secretion of excess mucus. And accompanying these problems are laryngospasms (spasms of the larynx muscles).

Doctors call this "infectious" croup to differentiate it from croupy conditions set off by other mechanisms—a small foreign body lodged in the larynx, for example, or the trauma of a surgical procedure, such as removal of the tonsils and adenoids, or even an allergic reaction to almost anything.

Though children up to the age of seven or eight years may develop infectious croup, it generally attacks children between the ages of eight months and four years. And that's what makes it so dangerous. In these little people the air passages are narrow, and it doesn't take much swelling or mucus to close them entirely. Also, croup usually strikes in the middle of the night when an adult isn't close-by.

Could some of the so-called crib deaths (sudden unexplained deaths of babies in their beds) be caused by croup? Possible, say some doctors. But, as one pediatrician points out, "Children generally kick up such a commotion with croup that it would be difficult for their parents not to know about it."

Pediatricians' busiest croup seasons are late fall, winter, and early spring. In these times of cold, damp weather respiratory infections are more common, increasing the chances of croup.

The many croup-causing bacteria and viruses are inconsistent villains. They'll attack one child and lay him low with croup while his playmate, harboring exactly the same virus or bacterium, will suffer only a mild respiratory infection. Apparently some children are more prone to croup than others.

Croup does tend to follow a beaten path. If you had croup as a child, chances are one or more of your children will have it. And, once a child has croup, he'll probably have it again several times until he outgrows it.

Can you tell in advance that your child is coming down with croup? In most cases, no. Croup comes on quickly and the symptoms are those of any number of other ailments. The best tip-off is the characteristic barking cough, caused by a larynx spasm. The very name, croup, imitates the sound. But the cough goes along with the infection, not in advance of it.

With simple or mild croup (also called spasmodic croup) you may notice that your child seems to be coming down with a cold during the day. By evening there may be hints that a cough is developing but otherwise he seems fine. His temperature is normal or only slightly elevated. After he goes to bed his sleep becomes increasingly restless. His breathing is labored and is accompanied by a harsh high-

continued





Headaches. To relieve a headache, doctors recommend aspirin. Bayer tested its aspirin against every other leading brand. For quality, Bayer was shown superior. You can count on better quality Bayer.



Arthritis. To relieve minor arthritic pain, take Bayer Timed-Release Aspirin. It's made to work overtime. You only take it once in 8 hours. Two tablets taken at bedtime, work while you sleep to help you wake without morning stiffness



Pain and fever of a cold. To relieve the aches and reduce the fever of a child's cold or flu, doctors recommend aspirin. Get Orange Flavored Bayer Children's Aspirin because it's made with extra care

Each Bayer product includes detailed directions for use. Bayer reminds you to follow label directions carefully.

We go to a lot of pains.

continued

How to cope with croup

pitched wheeze—doctors call this inspiratory stridor. And he coughs more frequently. Soon your child's distress wakens you to a full-blown attack of croup.

Though frightening to witness, an episode of simple croup generally lasts only a few hours. It may, however, recur on two or three successive nights.

A little-known fact about wood explains why you'll always have enough time to enjoy your house.

This wood house is as beautiful today as it was ten years ago. Not because its owners have slaved to maintain it. But because wood has a remarkable ability to maintain itself.

Prefinished or textured wood paneling ends the tedium of preparing and painting walls. And lasts the life of your house.

Hardwood floors, with their new long-lasting finishes, make maintenance easy. The same goes for wood mouldings, wood windows, and wood doors.

Outside, many wood sidings need no finishing or care at all. Others finished with long-lasting stains bring out wood's natural grains and sawn textures.

Wood stays beautiful naturally. And that's another reason to demand it in your new home. For more little-known facts and a free House Hunter's Guide, just write **American Wood Council,** Dept. P, 1619 Massachusetts Avenue, N.W., Washington, D.C. 20036.



A more severe type of ... develops from other infe... such as diphtheria or infl... Here the child's temperatu... rise to 102-105 degrees F... heit. His neck and lower ch... drawn in as he fights to inh... he is quickly exhausted. ... simple croup, the attack ... pass after a few hours, b... become increasingly sever... child needs prompt medica...

Another very serious ... that develops croupy sympt... *epiglottitis.* This is an infect... the epiglottis (a structure th... like a lid on top of the la... Some pediatricians feel this ... to be classed as a bacterial ... others say no, this doesn't ... into the croup class at all. ... the parent's point of vi... doesn't make much diffe... All he knows is what he see... epiglottis looks like a ve... vere case of croup—one, i... that requires immediate hos... ization.

When infected the epig... turns cherry red and s... sticking up at the back o... throat like a sore thumb. W... swollen epiglottis, the child ... fers to sit up leaning forwa... he lies down the epiglottis ... fall back completely coverin... opening to his larynx and ... suffocate him. Don't vigor... depress your child's tongu... look down his throat if you ... pect epiglottitis. This might ... a larynx spasm that will cu... his breathing. Get him to a ... pital and let a doctor diag... his illness.

Regardless of the type of c... involved, immediate treatme... essential. What can you do t... your child during an episod... croup?

Dr. P. V. Woolley, Chief ... diatrician at Children's Hos... in Detroit, advises:

- First, stay calm. The chil... frightened. If he sees you u... he may become panicky, cau... further spasms and tightenin... the larynx. Soothe and quiet h... This will help the larynx re... and in a quiet state he'll need ... oxygen.
- Then call the doctor. If ... can't reach him and the cr... attack is severe, take the c... immediately to the emerge... room of the nearest hospital.
- If the attack is mild, moist ... will relieve your child's bre... ing. Take him into the bathro... run hot water in the tub or sh... er, and hold him where he ... breathe the steam without ... coming overheated or splas... with hot water. Don't hug ... against your shoulder; ... breathe more easily in a sligh...

lining position in your lap
h no pressure on his chest.
A washcloth wrung out in
m water and held against his
oat may help the larynx relax.
n't insist on applying the
h, though, if he fights it.
In most cases," Dr. Woolley
tinues, "the child will respond
l to the steam and you can
rn him to his bed. Moisturize
air in his room with a vapor-
, or a pan of water on a hot
e, or a bottle warmer, or
e towels wrung out in hot wa-
and placed over radiators,
thing that puts moisture into
air."
helps to concentrate the
my air if you make a tent with
eet enclosing both the child's
l and the steam source. Two
rs on either side of the bed or
pen umbrella make a conve-
t framework for the tent. Be
, of course, that whatever you
to generate the steam is out
e child's reach. And stay with
the rest of the night in case
ondition worsens.
spirin, in the appropriate
ge for your child's age, will
reduce any temperature he
be running. But don't give
a sedative unless your doc-
rescribes it.
eep your child quiet, warm,
out of drafts for a few days
a croup attack. If it's a mild
this may not be too easy—
feel lively during the day, al-
gh he may be a little hoarse.
be back to normal in three
ur days after a bout of mild
, but it will take him a week
o to recuperate from severe
.

w are hospitalized cases of
treated? Usually patients
placed in devices called
ettes that surround them
cool, moist air or oxygen.
ors have found that cool,
air is better than hot, moist
n relieving the breathing
em of croup. They recom-
you use steam at home be-
it works well and is readily
able.
hen all else fails to relieve a
y child's breathing, the doc-
n perform a tracheotomy—
g an opening in the wind-
below the larynx to let in air.
extreme emergency he'll do
the home, but the opera-
is safer if done in the
tal.

w can you keep your child
contracting croup in the
lace?
here's not a lot you can
ays Dr. Woolley.
sure he's immunized
t diptheria. This will elimi-
he cause of what could be a very serious croup attack.

"If your child has already had an attack of croup, which indicates he's susceptible to this problem—or if he has enlarged tonsils or adenoids, or suffers from allergies—see that he avoids chilling and doesn't get over-tired or over-excited during croup-promoting, wet, cold weather.

"And any time you hear a croupy cough from your youngster, keep him indoors and quiet, just in case."

Croup can be terrifying for both you and your child, but it needn't be tragic if you handle the attack properly. ■



Skin cleansers should wash away dirt, but not skin's natural protection.

Any good soap will help keep your family clean.

But soaps do disturb skin's natural pH and wash away moisture, which invites dryness and irritation.

This is as true for your skin as it is for baby's.

pHisoDerm is not a soap, but a pure white liquid skin cleanser that cleans deep while preserving skin's natural protection.

It contains a highly effective cleansing agent called "entsufon" that removes the most stubborn dirt quickly and easily.

And it has gentle emollients similar to those produced by skin itself that are returned during washing to soften and protect.

And unlike soap, pHisoDerm is specially made to leave skin at a pH level (5.5) considered normal.

pHisoDerm has no artificial tints, perfumes or anti-bacterials of any kind that can cause allergic reactions, and should not irritate, even if used dozens of times a day.

Beautiful looking skin needs proper care. And pHisoDerm cleans and cares for skin as no soap can.



pHisoDerm. It leaves your skin the way nature intended.

BARGAIN PAINT JOBS A $29.95 COVER-UP?

You can have your car repainted for as little as $29.95 at a "bargain" chain, or as much as $450 at an independent body and paint shop. If you want your car to look almost new again, a top-of-the-line job is the answer. And if you're painting for resale purposes, keep in mind that an obviously cheap job can cost you hundreds of dollars in depreciation and can lead a potential buyer to suspect you're covering up major collision damage or rusted panels.

Custom paint jobs

If you're paying the top price, expect an attractive, durable finish. A quality job requires many time-consuming steps, starting with proper preparation. First, all scratches, dents, and rust spots are removed. The car is then washed, dried, cleaned with solvents, thoroughly hand-sanded (wet or dry), masked, primed, and sanded smooth.

After a good cleaning with a dusting gun, the car is wiped with a tack rag to remove last-minute dust and dirt. Protective covers are placed over the wheels.

Sealer and topcoat are applied, ideally in a filter-equipped spray booth. Additional color coats, sanding, tack wiping, polishing, mist coats, clear coats, and baking or heat-light drying may be involved, depending on the type of paint and shop policy.

The cost of the paint job itself depends largely on the type of paint—alkyd enamel, acrylic enamel, or acrylic lacquer. The other variant is degree of preparation. *Alkyd enamel* is durable, glossy, and easy to apply. Although it is the paint most commonly used in refinishing, it lacks luster and is never used as an original finish.

Acrylic enamel is more lustrous. When used in repainting, however, it doesn't have the satiny sheen it has when factory-baked.

Acrylic lacquer has the luster and durability of a factory finish. It dries quickly and requires polishing. Several coats must be applied.

Although costs vary, you can expect to pay about $100 to $200 for alkyd enamel, (the standard at bargain chains for $29.95), $200 to $300 for acrylic enamel, and $300 to $450 for acrylic lacquer. Any metal work, of course, is extra.

Choosing a shop

It's possible to pay a high price and end up with a poor paint job, so choose carefully. Ask neighbors for recommendations, check these with the Better Business Bureau, then visit several shops before making a decision.

Many independent establishments are low-volume operations that concentrate on bodywork and spot or panel repainting, but if you have a chance to see any completely refinished cars, take time to examine them carefully. Look for a uniform coat of paint, one that covers well. There should be no noticeable specks, runs, sags, or drips, and a minimum of the ripply texture known as "orange peel." Cars painted with lacquer or acrylic enamel should have a lustrous appearance; those finished with alkyd enamel should look smooth and glossy. Check to see that hubcaps, tires, chrome, glass, and rubber parts are free of paint spatters.

Get a written estimate on your car. Find out what type of paint the price includes; you don't want to pay the top price if you'll be getting alkyd enamel.

Make certain all work ordered is described in detail on the estimate—for example, "rust work over entire car sanded and primed" rather than just "rust work."

Ask if the chrome will be removed or just masked; shop policies vary. Even if you have to pay extra, it's best to have chrome removed, because areas under it are prone to rust. Alternatively, you can remove the chrome yourself; all it takes is a screwdriver, a small wrench, and a few hours' time, but if the chrome clips are rusty they may break and need replacing.

Extensive bodywork can add hundreds of dollars to your estimate, so if you're handy with tools, ask how much you can save by doing some of the work yourself. It's not difficult to fill or pound out small dents and sand rusted or chipped areas with a power sander. But keep in mind that even minor body imperfections will show up on the finished job.

Ask about the guarantee. Some shops do not give a written guarantee, but among them are some reputable establishments that make reasonable adjustments.

What about bargain jobs?

Suppose a custom job costs more than you want to spend. Or suppose you have an older car, one used for utility purposes, or one with a recurrent rust problem that rules out an expensive paint job. You may be able to find a bargain outlet that does adequate work, but it will require a little time and effort. Don't take a chance on a

continued on page 29

Don't neglect your car's filters

Among the most frequently overlooked causes of automobile engine inefficiency are dirty filters. Clogged air or gasoline filters can cause rough idling, sluggish operation, increased discharge of pollutants, and reduced gasoline mileage. Yet these inexpensive components are among the most reliable parts of your car if they're replaced periodically according to the manufacturer's advice. And it's a lot cheaper to replace them every 10,000 to 12,000 miles than to pay for the added gas required when you ignore proper filter maintenance.

There are three principal types of filters in today's cars:

- An air filter that is mounted above the carburetor and keeps the engine's air intake free of abrasive dust and other harmful foreign particles.
- A fuel filter mounted on the gas line between the fuel pump and the carburetor to prevent gasoline-borne dirt and water from entering the carburetor.
- An oil filter located on the engine block to shield moving parts of the engine from sludge, metal particles, and other wear-producing abrasives picked up by the oil.

Air filters carry average list prices of $4 to $6 for most late-model cars. The basic job of the air filter is to keep dust, dirt, and other particles out of the carburetor and other engine parts. To begin with, a car consumes 12,000 gallons of air for every gallon of gas it uses. In most normal driving situations, air filters will last 10,000 to 12,000 miles. Dusty driving conditions can cut these intervals in half. At the end of this time they will have screened out approximately one-half pound of particles that otherwise would find their way into the engine.

According to engineers of a major auto filter manufacturer, it takes only eight ounces of dust or dirt to completely destroy the engine in a heavy-duty vehicle and only about three to five ounces to put a passenger car out of commission. They also point out that something as simple as a clogged air filter can increase gas consumption by ten to 15 percent or more. Dirt-laden filters can increase exhaust emissions as much as 50 percent.

Even the highly sophisticated gasoline

continued on page 31



Win a Gourmet holiday in Europe with an hors d'oeuvre recipe.

Seagram's V.O. Canadian whisky and Gourmet Magazine* present the Seagram's V.O. International Recipe Competition. A chance for your favorite hors d'oeuvre recipe to win an all-expense paid holiday for two: fourteen days of deluxe travel and gourmet dining in the great restaurants of London, Paris and Rome.



Just as its taste has made Seagram's V.O. a one-of-a kind creation, so too, your hors d'oeuvre must be original and unique, something you created, with a taste all its own. It must be a small delicacy that could be held in one hand while holding a cocktail in the other.

Your hors d'oeuvre entry must list the ingredients and proper measurement in order of use, and give clear directions for method of combining and/or completing the recipe. Pan size, temperature, and time for cooking or preparing must also be included, as well as yield in terms of number and size of serving.

Creative Food Service, Inc. will select the 1,000 best entries from which 25 semi-finalists will be chosen by Gourmet Magazine's panel of experts. Out of the 25 semi-finalists, 5 finalists and then the first prize winner will be chosen by Gourmet Magazine's panel.

Gourmet cookbooks will be awarded to the 25 semi-finalists. The 5 finalists will spend January 23-25, 1974 in San Francisco, as guests of Joseph E. Seagram & Sons, Inc. This will include deluxe hotel accommodations, first-class airfare, theatre tickets, evening meals, airport transfers, all for two persons, and $300 cash to cover incidentals and miscellaneous meals. The contest winner will be announced at a dinner party in one of San Francisco's finest restaurants.

CONTEST RULES AND REGULATIONS:

1. Your single recipe entry must be typed or written legibly in ink, and must include your name and address.
2. Each contestant will be limited to a single entry.
3. All entries will be judged on the basis of originality and taste as well as the listing of ingredients and proper measurements and the clarity of directions.
4. All entries will first be reviewed by Creative Food Service, Inc. which will select the 1,000 best recipes. Gourmet Magazine's panel of experts will select the 25 semi-finalists, 5 finalists and the ultimate winner. The decisions of the judges will be final. Finalists and semi-finalists will be notified on or before December 31, 1973.
5. Employees of Joseph E. Seagram & Sons, Inc., and affiliates, retailers and wholesalers of alcoholic beverages, Creative Food Service, Inc., Gourmet Magazine,* their advertising agencies and their immediate families are not eligible for this contest. Entrants must be of legal drinking age in state of residence.
6. The all-expense paid European holiday for the winner and guest includes deluxe accommodations, first-class airfare, evening meals, airport transfers, and $1,500 cash to cover incidentals and miscellaneous meals. All hotels will be selected by Joseph E. Seagram & Sons, Inc. All accommodations will be double occupancy.
7. This contest is void in states or localities where illegal or otherwise restricted by law.
8. To be eligible for judging, all entries must be postmarked no later than midnight, November 15, 1973. None will be returned. All entries become the property of Joseph E. Seagram & Sons, Inc. who will have the right to use the names and likenesses of all finalists and the ultimate winner for advertising, publicity and promotional purposes.
9. The all-expense paid holiday must be taken within the calendar year 1974. The winner must give Joseph E. Seagram & Sons, Inc. at least 60 days prior written notice of the intended departure date. In case of forfeiture, such prize will be awarded to the runnerup out of the 5 contest finalists as selected by Gourmet Magazine's panel of experts. There will be no duplicate or substitute prizes. In case of duplicate entries, the entry bearing the earliest postmark will be eligible for prize.

MAIL YOUR RECIPE ENTRY TO:
Gourmet Holiday
Dept. C, P.O. Box 227
New York, New York 10046



Seagram's V.O. The First Canadian.

CANADIAN WHISKY—A BLEND OF SELECTED WHISKIES. 6 YEARS OLD. 86.8 PROOF. SEAGRAM DISTILLERS CO., N.Y.C.

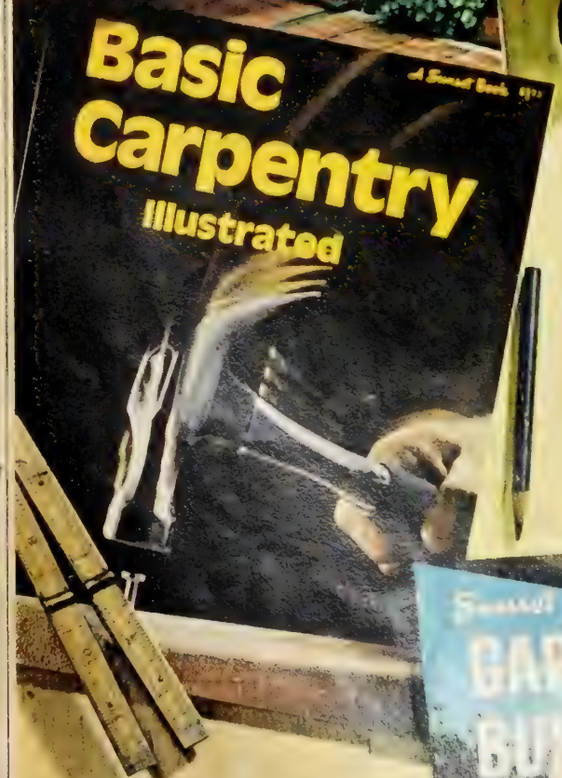


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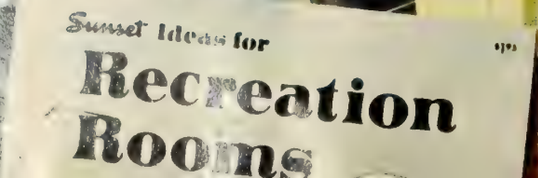
Before you start your next building project, get a $1.95 Sunset Building Book.

Each of our twenty-four building books has been researched and written by building experts. So each one offers you all the information you're likely to need in an easy-to-use format.

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Sunset Books

At book and building retailers everywhere.

From the publishers
of Sunset Magazine,
Menlo Park, California

inued

Bargain paint jobs

ain shop without checking it oughly.

ere are a few bargain chains, with more than 200 plants to coast, charging $29.95 a nonmetallic color paint or $39.95 for metallic. You choose from more than two n colors of each.

smaller chain, located in the and Midwest, charges 5. For $10 more, a primer is applied before the color to improve adhesion and prevent rust. The primer is worth the cost, particy if the car was originally ed in lacquer. If you choose lic paint, you'll need the 5 job.

ost metropolitan areas also local shops which specialize renewing" your car's apnce with a paint job. Their s are competitive with the chain operations.

both chains the original listed on the car maker's code can be matched for $20 extra, but neither does m work, such as painting stripes.

e chain offers a five-year ntee against fading on all the other chain adds pron against defects in workip on its best job. But in ase, the local shop's repuis all-important. A guarangood only if it's honored. ore choosing, be sure to with the Better Business u about the branch outlets ur area. One may have a manager and do acceptwork, while another in the chain may not.

it several shops. At each get a written estimate and he guarantee. Then take a inutes to walk around the s work areas. Unlike the independent shop, a barutlet is a large plant with employees, each performsingle job. As cars proregularly from the washthrough the many work to the spray booth and ed drying oven, you can the quality of the work accurately.

these points:

st important, how do the d cars look? Bargain shops kyd enamel, so don't exew-car luster; still, the finould be smooth and glossy ee of paint runs and other s imperfections.

cars properly prepared? If

ued

Special Holiday Gift Offer

Handsome serving pieces in Oneida Community stainless to match your favorite pattern from the Betty Crocker Coupon Catalog.



Add a finishing touch to your special table settings this season with elegant serving pieces like these. We have six beautiful patterns to choose from so that you can complete or complement your own stainless set — and save money while you do. To set a pretty table is a wonderful way to say "you're special" to your family and your guests. And wouldn't a set of serving pieces make an especially thoughtful gift, too?

Betty Crocker

You'd expect to pay over $15.00 in stores for this quality stainless for the seven pieces shown.

Discover more values on Oneida Community stainless and hundreds of other lovely items in the Betty Crocker Coupon Catalog included with your order. Save Betty Crocker Coupons you'll find on over 175 General Mills products.

If not entirely satisfied, return merchandise within 10 days and your money will be refunded. Order today! Offer expires Dec. 17, 1973.

Large Serving Spoon $1.50

Jelly Server, Sugar Spoon and Butter Knife $2.00

Cold Meat Fork and Pierced Serving Spoon $1.75

Gravy Ladle FREE

Our gift to you when you order the other six pieces.

Isabella My Rose Chatelaine P. Henry Vinland Via Roma



General Mills, Inc., Box 47, Minneapolis, Minnesota 55460

I enclose a check or money order for $_____

Please send me (CHECK APPROPRIATE BOX)

- ☐ Jelly Server, Sugar Spoon and Butter Knife ($2.00)
- ☐ Cold Meat Fork and Pierced Serving Spoon ($1.75)
- ☐ Large Serving Spoon ($1.50)
- ☐ The Whole Works: all 6 pieces plus FREE Gravy Ladle ($5.25)

CHECK YOUR PATTERN CHOICE BELOW:

☐ Isabella ☐ P. Henry ☐ My Rose ☐ Vinland ☐ Chatelaine ☐ Via Roma

Name_____

Address_____

City_____ State_____ Zip_____

To assure delivery give zip code number. Offer good only within USA. Offer expires Dec. 17, 1973.

continued

Bargain paint jobs

such basic steps as scrubbing and sanding are omitted, the paint will not adhere properly. Masking should be neat and thorough; check to see if narrow chrome strips and small lettering are completely covered. Look in the window of the spray booth to see if the painter applies wheel covers before painting; paint spatters on hubcaps and tires are tough to remove.

• Is it a well-run shop? A painting plant is only as g its manager. Bickering employees, poor workin conditions, and workers st idle are tip-offs to poor w

• How good is the bod If bodywork ordered on a mate is performed in a c manner, forget the shop you're willing to do the work yourself or have it elsewhere. If paint is a over dents, scratches, and areas, the car will look w

• Are finished cars pr cared for? Masking should moved and the cars clean as soon as they leave the oven. They should then be to an out-of-the-way spot customers won't lean on th

• Unless the shop check along these lines, forget poor bargain job is wors none at all. If your city o doesn't have a decent b outlet, consider shopping a for an independent est ment that will lower its p about $75 if you'll bring t in ready to paint.

Painting arrangements

You may have to leave yo a week or longer, particul an independent shop. Eve bargain outlet don't rely by nine, out by five," esp if you're having metalwo key employee could be s an important piece of ment could break down. A the event of bad weather, have to leave your car over the paint must be protected rain or snow for 24 hours.

Some bargain outlets r appointments and ma booked weeks ahead. work on a "first come" ba

After the painting

When you pick up your check it thoroughly. If yo paint runs, fresh scratches, have the manager make arrangements in writing b you pay.

Ask for touch-up paint.

Caring for new paint

• Be sure to keep your car cover 24 hours.

• Don't wash the car fo days. Afterwards, hose it quently with cold water.

• For at least a month, away from commercial racks using high-pressure and detergent.

• After a month, continue quent hosing and occasio use a mild detergent mad pecially for cars.

• Don't apply wax or polis at least 90 days, dependin the type of paint and the s recommendations. ■



Our basic wagon idea: little cash and lots of carry.

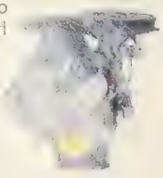
Like the original station wagon Ford pioneered back in 1929, the 1974 Ford Pinto Wagon combines a durable, economical car with a lot of space in back. And what could be more basic than that?

The economy: First and foremost, the Pinto Wagon is an economy car—low in price, easy on gas, low on upkeep.



The space: Put a Pinto Wagon's rear seat down, and you've got over 60 cubic feet of cargo space. To maximize cargo space, the spare tire is carried under the floor.

Other basics: A rugged 2,000cc overhead cam engine is standard. It's been developed for good gas mileage. And for those of you who want even a bit more pep, there's an optional 2,300cc engine.



Front disc brakes are also standard—for efficient and fade-resistant braking and little pedal effort.



Further, the steering is rack-and-pinion, like in sports cars. Who'd have thought a station wagon could handle that easy? They're all good reasons why the closer you look, the better we look.

See the 1974 Pinto Wagon at your Ford Dealer.

When you get back to basics, you get back to Ford.

FORD PINTO

FORD DIVISION Ford

(Shown here: Pinto Wagon with Squire Option, optional whitewall tires, luggage rack, and delu[illegible] bumper group.)

gins on page 26

Don't neglect your car's filters

ning techniques of today 't keep gas totally pure, and h companies and service sta- is now scraping the bottoms heir tanks there could be lots re impurities. The problem is mpounded by the tiny particles dust and dirt that inevitably into the fuel tank when you to gas up. That's where the filter comes into play. It is nted on the fuel line to sift impurities as gasoline is ped to the carburetor.

lard-starting engines and king caused by the engine's ing in and out after start-up ht be symptoms of a clogged filter. Although these filters ld be replaced every 12,000 es, it's a rare service station ndant or mechanic who will it to your attention. The cost nall—about $2.50 on average a fuel filter—and the im- vement in performance is sur- ingly significant.

echanics often call the oil the heart of the car's engine use it sifts out impurities and s clean lubricating oil circu- g throughout the car's sys- , a must for efficiency.

he use of oil filters, which been standard equipment on t passenger cars since 1955, done much to lengthen engine Without oil filters, cars ld experience excessive wear uch vital parts as connecting bearings, cylinder bores, and n bearings. Worse yet is the t of wear on engine perform- . As in the case of other types ilters, a clogged oil filter, gh not noticeable to the driv- evitably shortens engine life 't uncorrected.

ost auto manufacturers rec- end oil changes every 4,000 ,000 miles and oil filter re- ement every 4,000 to 8,000 s. The best rule of thumb is hange the oil filter when you ge oil.

ost filters are designed to a quart of oil when the en- is turned off. This means ing the car's crankcase take nly four quarts of oil fror normal five-quart reservoir , in turn, causes dilution of ew oil by the one quart of il when the engine is started. ce oil filters cost only about ach, the economical ap- h is to change filters and the crankcase of all dirty, y oil every 4,000 to 6,000 miles. If you do a great deal of stop-and-go, short-trip driving, you'd be well advised to make oil and filter changes every three to four months regardless of the mileage clocked in that period.

A good general rule is to change every filter in your car at least once (the oil filter twice) every 10,000 miles—more frequently in some cases, depending upon where and how you drive. A complete change of your air, oil, and fuel filters will only cost about $10 to $12—cheap insurance for improved engine operation, reduced pollution, and greater fuel efficiency. ■

Hotpoint wants to do your dishes, compact your trash and grind your scraps.



Model HDA871 Model HMA750 Model HCH500

Cleaning up in your kitchen isn't exactly a job to look forward to. But Hotpoint has something that can make it a whole lot easier. The Hotpoint Clean-Up Center.

1 It starts with our dishwasher that can eliminate hand rinsing. Simply remove large scraps and select from a variety of cycles for thorough washing, rinsing and drying.

The model shown above even has a special Soak & Scrub cycle for heavily soiled items. And it has extra sound insulation for Whisper-Clean™ operation.

It's easier to load, too. An adjustable upper rack allows you to do large platters, pans and tall glassware—all at the same time.

We've also included another feature you'll like. Two slide-out front panels, which easily reverse, offer you a choice of four decorator colors. Or, you can insert your own wood panel to match cabinet decor.

2 The Hotpoint trash compactor is another work saver. It compresses the weekly dry trash of an average family of four into one neat little bag. No more unsightly garbage cans.

It comes with our Easy-Lift Sling for more convenient bag handling, and an automatic spray release to help control odors. The compactor has reversible color panels, too.

3 A corrosion-resistant garbage disposer completes the Hotpoint Clean-Up Center. It's self-cleaning and the wrap-around insulation helps reduce operating noise.

Hotpoint's dishwasher, compactor and disposer. Put any one or all three in your kitchen. And see if your life isn't a little easier. Like every appliance Hotpoint makes, they're built for a life of dependable performance.

But should anything keep one of our appliances—dishwashers, compactors, disposers, ranges, washers and dryers, refrigerators, freezers and room air conditioners—from doing its job, a telephone call will bring a qualified Hotpoint serviceman to your door.

And that's a promise.

Hotpoint Customer Care ...Everywhere.™

Fast, dependable service.



Hotpoint
A QUALITY PRODUCT OF GENERAL ELECTRIC COMPANY



BAD NEWS
FOR PEOPLE WHO
DON'T SHINE COPPER
WITH TWINKLE.®

Tests show, of all the leading copper cleaners in the United States, none gives a shine that lasts longer than Twinkle.

Know why? Twinkle contains Chronite (no other copper cleaner has it). It really holds back retarnishing. Repeat—it holds back retarnishing.

Isn't Twinkle the copper cleaner you've been dreaming about?

Should you throw out your present brand and get Twinkle right away? That's your decision. But if you've been using Twinkle all along, you know what a long lasting shine means.



©Copyright 1973 The Drackett Products Co.

Dollar-saving dry cleaning

You can save from 50 to 75 percent of dry cleaning costs by going to budget or self-service centers instead of professional cleaning establishments.

Take this typical load for example: one pair of trousers, one man's suit, one woman's coat, one sweater, one dress. At a regular dry cleaners' in a midwestern city, the cleaning bill was $9.45. In the same city, a budget dry cleaning center handled the same load for $3. The savings can be even greater on bedspreads, draperies, slipcovers, and other bulky items. Best of all, clothing and furnishings can be cleaned and ready to take home in an hour.

The majority of self-service establishments have trained attendants who answer questions, and in many cases, operate all equipment. Centers usually offer a "drop-off" service; you may leave garments and furnishings to be cleaned and pressed and pick them up later in the day.

What can you dry-clean yourself?

Almost any garment that can be dry-cleaned professionally can be cleaned at the budget centers. The exceptions are the following spots and stains that require professional handling: inks, shoe polish, heavy perspiration rings, mustard, mildew, paint. These are tough to treat yourself, but many coin-operations have trained attendants to handle these.

Do not try to dry-clean items that include paper trims, or plastic, leather, rubber, animal fur, or feathers.

What about spots?

Water soluble spots and stains should be treated to a very light water spray prior to dry cleaning; other types of stains are best left to the dry-cleaning solvent (perchlorethlene).

Common stains that respond to water spray treatment are: blood, catsup, chocolate, coffee, alcoholic beverages, egg, fruit juice, grass, meat juice, mud, perfume, soft drinks, sugar, tobacco, and candy.

Use as little water as possible when "spotting" the soiled garments before cleaning. Too much water might cause them to fade, shrink, or wrinkle.

It's best to leave butter, chewing gum (scrape off excess), mascara, mayonnaise, rouge, cooking oil, fats, floor wax, and gravy to the dry-cleaning solvent.

Food and beverage stains frequently are not visible until after dry cleaning—if you see a whitish residue, remove it with a bru and a damp sponge.

What about wrinkling?

First, don't put in extra wrink by wadding your clothes into basket to take them to the d cleaners. Take garments on han ers and neatly fold blanke drapes, and spreads.

As soon as the machine sto remove garments and hang the immediately. Loosely fold dra eries and slipcovers. Ma clothes are ready to wear in mediately—others might need touch-up pressing when you g home. Deep-set wrinkles aren removed by dry cleaning.

Before you dry-clean

- At home, prepare garments b brushing dust and lint from in side pockets and cuffs; brush o loose dirt, such as dried on mu
- Close all hooks and zippers t help keep clothing from snag ging. Remove hooks from dra eries before cleaning.
- If possible, plan to separat light- and dark-colored items This keeps dark lint off ligh items and vice versa. If you d combine them, put light items i a pillow case for protection an close with safety pins.
- Remove non-cleanable trim and rubber shoulder pads.
- Turn sweaters, knit dresses and beaded blouses inside out. B sure to turn sweaters such as mo hair and wool inside out to avoi pilling. Place them in mesh bag to keep other clothes from rub bing the surface fibers.
- Leave coats unbuttoned.
- Use a nylon net or a mesh bag for ribbon knits, neckties, othe small items, and other garments that could be easily snagged in the machine.
- Fold long drapery panels once end to end, and pin with large safety pins to prevent twisting. For the best results, do not pu other clothes in with draperies and do not overload machine.
- Turn velvet, velveteen, and corduroy items inside out before cleaning. Pile fabrics attract lint.
- Clean sheer, fragile fabrics by themselves—not with heavy bulk garments.
- Always be sure the machine's interior is lint-free before using. Although machines have lint filters, some lint can escape.
- Large buttons should be removed or garment should be pinned over them. Plastic buttons must be removed.
- Pin rips and loose hems before placing in machine. ■

Blimey! Hefty's® gone mad with this free offer!



Free! A madly beautiful 5-pc. place setting worth $4.00!

Simply send 2 Premium Seals from any 2 packages of Hefty Bags, plus 50¢ for postage and handling.

Lustrous . . . long-wearing . . . dishwasher safe Ekco Eterna Stainless Steel. Sleekly designed in the famous Canoe Muffin pattern with woodtone handles.

All additional settings are ½ price, just $2.00, when accompanied by 1 Premium Seal! Start building your service now.

Free! A madly exciting "New Year's Eve in London" Sweepstakes!

7 days and 7 nights in one of the world's most exciting cities! Expenses paid, for 3 lucky couples! And, so you won't be mad if you don't win, there are 200 consolation prizes—12 pc. English Bone China service, for a spot of tea. All details are posted at your grocer, so enter today! Void where prohibited by law.

A 5 pc. placesetting! A trip to London! Get'em both, compliments of Hefty, the strongest name in Plastic Bags!

Mail to: Hefty Ekco Offer,
P.O. Box 4170, Clinton, Iowa 52734

☐ Enclosed are two Hefty Premium Seals plus 50¢ for postage and handling. Please send me my 5 piece place setting of Ekco Eterna Forged Stainless Steel Tableware.

☐ I want to order _____ additional place settings. Enclosed are _____ Hefty Premium Seals (one per place setting) and $ _____ ($2.00 per place setting).

Name _____

Address _____

City _____ State _____

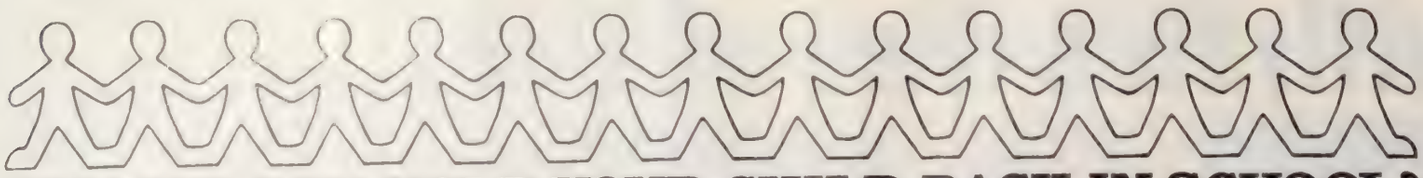
Zip _____ Phone _____

Only one free place setting per family. Please allow 6 to 8 weeks for delivery. Free offer expires midnight December 31, 1973.

bil Chemical

Mobil Oil Corporation 1973





SHOULD YOU HOLD YOUR CHILD BACK IN SCHOOL?

- Susan won't be five until November; should we send her to kindergarten this fall?
- Should Freddie, age nine, repeat fourth grade since he's done poorly in math?
- Should Stephen, who has been out of school so much because of illness, stay in kindergarten another year?

Thousands of parents are wrestling with questions such as these. It's far from easy to decide when to send a "young" preschooler to kindergarten or whether or not an older child should repeat a grade. And so much hinges on making the right decision, for it may mean the difference between success and failure throughout your youngster's years in school.

The most important thing to remember when facing such a dilemma is that each child is an individual and that therefore each case must be treated individually. While it is helpful to know what your neighbors did in a similar situation or what a relative's experience was, any decision having to do with a child's educational future should be based upon the child himself—his own needs, problems, and strengths.

When to start?

The first problem to consider is that of the "young" preschooler—the child whose birth date comes close to the "cutoff" date for legal school entrance. (These cutoff dates, incidentally, vary widely. Some communities require kindergarteners entering school in the fall to be age five on September 1; others don't require him to be five until January 1.)

If you're trying to decide whether or not to send a four-year-old to kindergarten, it might be helpful to know that each year approximately one million American children repeat a grade in elementary school. Of course, not all of these children are held back because they were too young when they started school; and certainly a few of the youngest children in some classes do exceedingly well when compared with their peers. But studies have shown that a major reason that children are less able to keep up to grade level later on in school is simply that they started their formal education before they should have. How is a parent to know when his child is ready?

Consider the following:

- ***His maturity.*** Chronological age, sex, physical size, eye-hand coordination, and ability to concentrate are all indications of a child's maturity.

Was he a full-term baby or premature? Don't forget that the chronological age of a child who was premature is greater than it would have been had he been full term. Keep this in mind if your child is already a "young" preschooler.

The sex of a child is important because boys (in general) mature later than girls. This doesn't mean, however, that boys can't or won't someday exceed some of the same girls in ability. Most educators agree that because boys mature later they have more difficulty in the early years with academic skills such as reading than do girls of the same age. Child developmentalists at the Gesell Institute say "the average girl needs to be fully six, the average boy does better if he is closer to seven before starting first grade."

Physical size can give an indication of maturity as can eye-hand coordination. Usually, the child who develops physically at a younger age and is better coordinated has fewer learning problems than does the child who develops late. Can he thread small beads or buttons, sew, use a scissors, recognize likes and differences easily? These are clues to his coordination and eye muscle control, important for later success in reading and writing.

Can he concentrate for fairly long periods of time at one project, or is he easily distracted? Seeing a task through to the finish is one important aspect of formal education. If he is distracted by other children because he is an only child who has had little contact with a large group situation, perhaps a year in a suitable nursery school would be a good solution.

Other clues to a child's readiness are: strong interest in being read to at home; speech clarity (speech deficiencies may indicate future reading problems); and eagerness to go to school. If he has been exposed to a variety of learning experiences at home, in the community, and while traveling, he is probably more ready for school than the child who has little or no mental stimulation in his early years.

- ***Nursery school recommendations.*** If your child has gone to nursery school, talk with the teacher. She has seen him in a variety of small and large group situations and can give you a professional opinion concerning his readiness for kindergarten.
- ***The school he'll attend.*** The kind of school your child will attend and the program it offers can make a huge difference. If most of the work is given to children on an individual basis, and each child progresses at his own speed, this school might be just right for the younger child. But few people know for certain that their children will remain in the same school during all of their early education.

Don't hesitate to call the school to ask for advice about when to enroll your child. The staff has dealt with these problems again and again and can give you some unbiased directives. In the case of the "young" preschooler, some schools will administer readiness tests at the parents' request.

- ***Your community.*** Do many parents in your community "hold back" children—particularly boys—born near the cutoff date? In that case, remember that if your child is four years and ten months old when he starts kindergarten, there may a number of children in his class who are five years and ten months or older. Even though your child seems very able for his age, the constant frustration of trying to keep up with children so much older may, in the long run, defeat him.
- ***His future.*** While it is true that there are many situations where a child started school quite young—or even skipped a grade—and was able scholastically to keep up with or even excell his classmates, there are more examples of discontented youngsters who simply can't hack it.

It's important that parents realize there is no social stigma to holding a young child out of kindergarten for a year. Twenty years later few if any people will know he was graduated from high school at the usual age of 18 rather than at the young age of 17. And, in some cases, holding the child back may make an enormous difference when he reaches college age—if he is inherently intelligent, and if school was always fairly easy (but not too easy) for him. He could, for example, be eligible for scholarships at some excellent schools, rather than struggling to find a college that will accept his hard-earned, but lower, grades.

Parents also shouldn't be misled into thinking that school is the only place where important learning can occur. Remember that children (especially in most kindergartens) simply do not spend many hours in school. Holding your child out of kindergarten for a year doesn't mean his time will be wasted—if you provide simple activities and toys that he will enjoy and can learn from, and if you spend time talking with him, reading to him, and playing with him. Never underestimate the amount of learning (particularly in the area of language development) that takes place in an interesting home environment.

continued

If your kids get too many cavities, ask your dentist what kind of toothpaste his kids use.



Chances are, his kids use a fluoride toothpaste like Crest. It makes sense... Crest has fluoride. And over 20 clinical studies have proven that Crest reduces cavities an average of 29% better than the same toothpaste without fluoride.

Dentists also know the fluoride in Crest combines with the tooth enamel to make it more resistant to decay.

Needless to say, your dentist's kids get regular dental checkups. And they're probably pretty careful about the treats they eat. So, don't your kids' teeth deserve Crest? After all, fighting cavities is the whole idea behind Crest.

"Crest has been shown to be an effective decay-preventive dentifrice that can be of significant value when used in a conscientiously applied program of oral hygiene and regular professional care." Council on Dental Therapeutics, American Dental Association.

continued

Holding your child back

When should a grade be repeated?

Generally speaking, if a child must be retained in a grade for any reason, the sooner it happens, the better. Most kindergartens, for example, are for the most part nonacademic and sessions last for a morning or afternoon only. If, during the year, it is discovered that a child is not ready for the more formal learning of first grade, it's to his benefit to stay in kindergarten another year. Then, when he enters first grade, he will be physically and emotionally ready to fulfill the requirements without the frustrations and failures he may have had a year earlier.

Sometimes it isn't clear until first grade or the beginning of second grade that a child has learning problems. If the situation is handled correctly by the parents and teacher, the child will probably feel relieved to repeat a grade then, rather than to continue struggling.

If a child is not held back after second grade, he'll probably be *less* able to cope with having to repeat a grade than he would have been earlier. Failing work in a higher grade no doubt usually indicates he has been doing marginally failing work all along. Once he has a mental image of himself as a failure, it's difficult to convince a youngster that he won't be a failure forever. A recent study in North Carolina schools showed, for example, that children who had repeated one or more grades scored decidedly low on tests measuring their concept of self-worth; furthermore, these children also continued to score low on tests measuring scholastic achievement. In other words, retaining the children at higher grades did not, on the whole, help them; instead it gave them problems.

The older the child the harder it will be for him to see his friends move on in school while he is being held back; peer pressure and acceptance become increasingly important as a child grows older. If retaining an older child is absolutely unavoidable, it's crucial that his family give him understanding and support, rather than labeling him (either subtly or not subtly) as a failure.

Even more to each child's benefit however, is doing the utmost to start him in school at the right time. That way, he'll have the best possible chance to succeed during the many years of formal education ahead. ■

"I bought Mom this RCA in '55. We're all amazed at the color!"

Mr. Robert DePopolo, Newton, Mass.



Old Reliable.

Actual closed-circuit reception on s

The New Reliables—the new line of RCA XL-100s—with our most brilliant color and advanced tuning. Plus the reliability of 100% solid state.

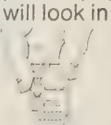
The DePopolo family is just one of the many families we've come across who are still enjoying their old reliable RCA color sets. In this case, three generations have enjoyed the color on this 18-year-old set. And Mrs. DePopolo says, "I sometimes think my grandson, Joey, is going to be showing the set to his kids."

We're glad the DePopolos are still enjoying their set. But wait 'til they see the latest RCA achievement, the new XL-100s. They're our best yet.

To prove our point we asked some electrical engineering students who bought an XL-100 to tell us what they think of the new XL-100. "The color is unbelievable!", was one comment. It's the most brilliant color in RCA history. For example: on all 25" diagonal consoles, RCA's Super AccuColor black matrix picture tube and 100% solid state chassis deliver a picture that's a full 50% brighter than ou parable sets last year. Just look photograph on the TV screen ab It's an unretouched picture of ac closed-circuit reception on this RCA XL-100. If it looks this good printed page, imagine how good will look in your home!



New more brilliant color



Plug-in AccuCircuit modules

"Of course RCA XL-100 is 100% solid so it's very reliable," another student. RCA XL-100 sets with touc plug-in AccuCircuit® ules for easy servicing

Ve rate the new CA XL-100 color tops."

Kappa Eta Kappa, electrical engineering fraternity, University of Wisconsin.



New Reliable.

hed separately under controlled lighting. XL-100 console shown, model CT-7[illegible]

tubes, a major cause of TV re- ve been eliminated.
en it comes to color adjust- ifferent fellows in the fraternity ave different preferences, so ba men liked RCA's automatic tuning system. It features AccuMatic IV. A touch of the ACM button auto- matically brings color, tint, brightness and con- trast within a normal r, if you like bluer eyes or grass, any of the controls can ted within the ACM range.

There's an RCA XL-100 to suit *your* house at your RCA dealer! After all, RCA builds more solid state color TV sets than anyone else—50 different models to choose from!

And you can buy XL-100s in a wide range of screen sizes—15", 17", 19", 21" and 25" diagonal. All backed by the RCA Purchaser Satisfaction Program—your RCA dealer can give you all the details.

Remember, almost twice as many people own RCA as any other solid state color TV.

RCA is color you can count on.

THE NEW XL-100

RCA

Dieting dos and don'ts

For most of us, putting pounds on is infinitely easier than taking them off. There's just no getting around it—dieting takes concentrated effort and iron resolve. But there are some things you can do that will help you stick to your diet reform program.

- Get your doctor to give you as specific a diet as possible. A firm list of dos and don'ts is much easier to follow than a vague diet that simply allows you 1,000 calories a day.
- If your diet calls for four ounces of meat, get a scale and *weigh the meat.* In fact, weigh and measure all of your food. You'll be surprised at how much you can eat and still lose weight.
- Hide the bathroom scale! (Better yet, have someone else hide the scale.) You'll get a much better accounting of your weight loss if you weigh only once a week and at about the same time of day. Resist that urge to hop on the scale several times during one day—it will only lead to despair!
- Start your day with a satisfying protein food such as eggs, cheese, or lean meat. That will help you make it past the midmorning coffee break without a calorie-laden snack—and you'll feel more alert, too.
- When you're hungry, *eat!* But eat the right foods. Keep a supply of "free" foods on hand such as dill pickles, bouillon, celery, raw cauliflower—whatever your doctor says you may eat in unlimited quantities. Fresh fruits make a nice between-meal or late-evening snack. If you have something to nibble whenever you're hungry, the chances are that you won't reach the point where you simply must have a giant hot fudge sundae.
- Splurge a little on the permitted foods. If your diet calls for fish and more fish, treat yourself to shrimp, crab, or lobster now and then—so you won't feel so sorry for yourself.
- Buy some hard (really *hard*) candies to satisfy that sweet tooth. You'll find that one or two candies may satisfy that craving just as well as three jelly doughnuts, and at significantly less caloric cost.
- Do go out to eat. But when you dine out, value your weight-watching program enough to insist on the right foods prepared in the right way. Most restaurants offer a good selection of low-calorie foods. Avoid fried or rich-sauced foods, and ask for a low-calorie salad dressing, vinegar, or lemon juice to flavor your salad. ■

Quadraphonic sound:



what you should know about super stereo

Whether you're an ardent audiophile or just a person who likes to relax listening to recorded music, you're probably aware that most of the major audio equipment manufacturers are vigorously promoting what they call a major revolution in recording—four-channel or quadraphonic sound. If you're just about to set up a home entertainment system, or feel the need to replace your present system, here's a simplified breakdown of what four-channel sound is and what it can mean to you.

Evolution of four-channel sound

The very first music reproduction systems were monaural; the total sound produced by an entire orchestra was placed on a record and played back through a single speaker or set of speakers. Although fine equipment made high fidelity possible, the recording never closely reproduced the originally recorded sound.

Then came stereo. Sounds were recorded from two different positions and played back through two separate speakers. This made it possible to reproduce the sound of an orchestra with better instrumental separation and "directionality." In essence, the recording became more realistic.

But this new realism was still incomplete. With a live performance, you're literally surrounded by sound. Each of the various instruments produces its own distinct sound from a specific area on the stage. And there's more. The total sound you hear includes ambient sounds—those that bounce back from the walls and ceilings. This ambience adds a quality known as "presence," and it can be reproduced realistically in four-channel sound.

There are three different four-channel sound systems, each delivering different results. In the first system, normal stereo recordings are simply played through four speakers. This is called *stereo enhancement* and, although little true ambient sound is created, the four-speaker effect is pleasing. The cost of the system is relatively low.

The second way of producing four-channel sound is called *matrix*. With matrix, the sounds for the left and right channels are mixed together when the recording is made. The record is then played back through a decoder which sends normal stereo sound to the two front speakers, but sends "scrambled" sound through the two rear speakers. The problem with matrix is that it provides a mixture of the same basic sounds in each of the four speakers. For example, if you were to record four different instruments so as to reproduce each of them from a different speaker, you could not achieve the sound as it was recorded. You would get a dominant instrument from each speaker but also "cross talk" from the other instruments.

To play matrix recordings (either tape or phonograph records) or listen to matrix four-channel FM on the radio, you need additional equipment besides extra speakers. Separate amplifiers are required for the rear speakers, and a "decoder" is needed to properly direct the sound to each individual speaker.

The third approach to four-channel sound is called *discrete*. Here, each speaker is fed a distinctly different sound through its own amplifier. There is no mixing of the recorded channels so maximum realism is possible.

The additional equipment required by the discrete system is similar to that for matrix. Extra amplifiers and speakers are needed for tape. You'll also need a demodulator (decoder) and a four-channel pickup and stylus for a phonograph.

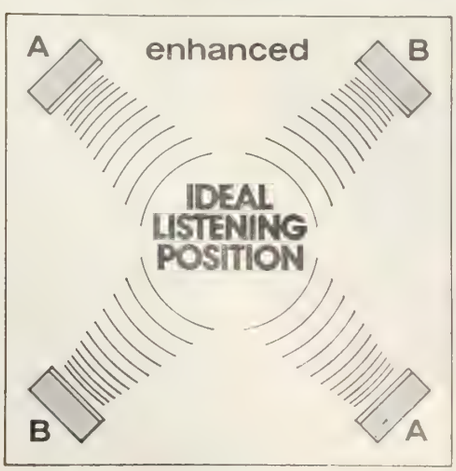
Choosing the best system

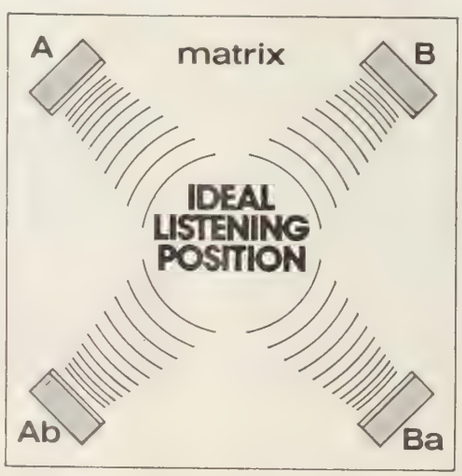
Of the three approaches to four-channel sound, which is best? The answer depends on what you want in total sound quality.

If you're a "lo-fi" listener, stereo enhancement probably will be entirely satisfactory. The added cost is minimal. Just add two speakers to your present system to hear a more complete sound than you'd hear with conventional stereos.

If you demand realistic reproduction of the original performance, either matrix or discrete four-channel is best. Here are some points to consider in choosing between the alternatives:

- Matrix is less expensive than discrete—matrix components plus speakers will probably cost an additional $100 at retail; discrete, $200.
- Matrix recordings can be broadcast now—thus, four-channel radio reception is available. Discrete broadcasting technically is feasible, but has not as yet been approved by the FCC.
- At the present time, there are more matrix recordings than discrete available, but this imbalance should be corrected in the near future.
- Because discrete recordings do not mix sound through the four speakers, many audiophiles agree it's the superior sound system. ■







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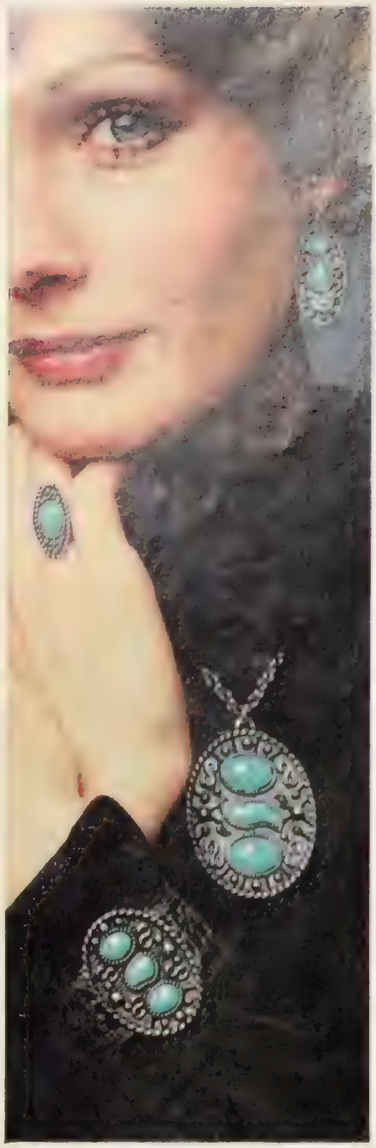
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Women's Rights and the Family



A commonsense look

The Women's Rights movement is gaining momentum . . . and not just with women who want to reject the traditional roles of marriage, homemaking, and motherhood. Now that radical screams are giving way to reasonable voices, it's much easier to hear what the movement is saying to us all.

In listening to our readers who responded to our survey of American family life, we know that 54 percent agree that the movement for women's rights is a force for the better. However, we've also heard from many readers who are concerned because they feel the goals of the movement conflict with the traditional roles (and goals) of family life.

Of course, any movement that entails change is bound to be resisted by those who prefer the status quo. But what *is* the status of the American family? Does reality match our storybook image of hardworking husband and happy housewife? Well, yes and no. We know, for instance, that while only 18 percent of our readers feel that a job outside the home is necessary to give a woman the fulfillment she needs, a significant 45 percent of our women readers do, in fact, have outside jobs. This discrepancy leads us to believe that most working wives, like most men, are working for compelling economic reasons, not for frivolous pin money. Consequently, we can't imagine any working woman arguing against the goals of equal pay, equal hiring and promotion practices, pensions, social security benefits, vacations, and—for those who want or need them—24-hour day care centers. And, we can't imagine any woman—working or not—arguing against laws (or attitudes), that will help her in such areas as paying taxes and obtaining credit, a mortgage, or a loan, whether she's married, divorced, or single.

Many of our readers who consider themselves perfectly happy and content as housewives apparently feel threatened by the Rights movement. They express concern that the movement is a plot to propel "normal" women right out of their houses, away from their families, in search of that elusive goal called self-fulfillment.

It's true that feminists do want every woman to pursue the goal of self-fulfillment. But they're not claiming that it can be found in any one place—home, office, or elsewhere. After all, fulfillment is a state of mind that's different for each of us. It comes with feeling good about ourselves, doing what we really want to do, and liking what we're doing.

There is no doubt that the traditional job of "homemaker" can provide that fulfillment. Still, we hear from many of our women readers who claim they have everything they want—husband, children, a house, and many of the luxuries of life—but still don't feel fulfilled. Why? And why too is it that abuse of certain drugs—including alcohol, amphetamines, and barbiturates—reaches such high proportions among suburban housewives? Why do so many women feel they have to refer to themselves as "just a housewife"?

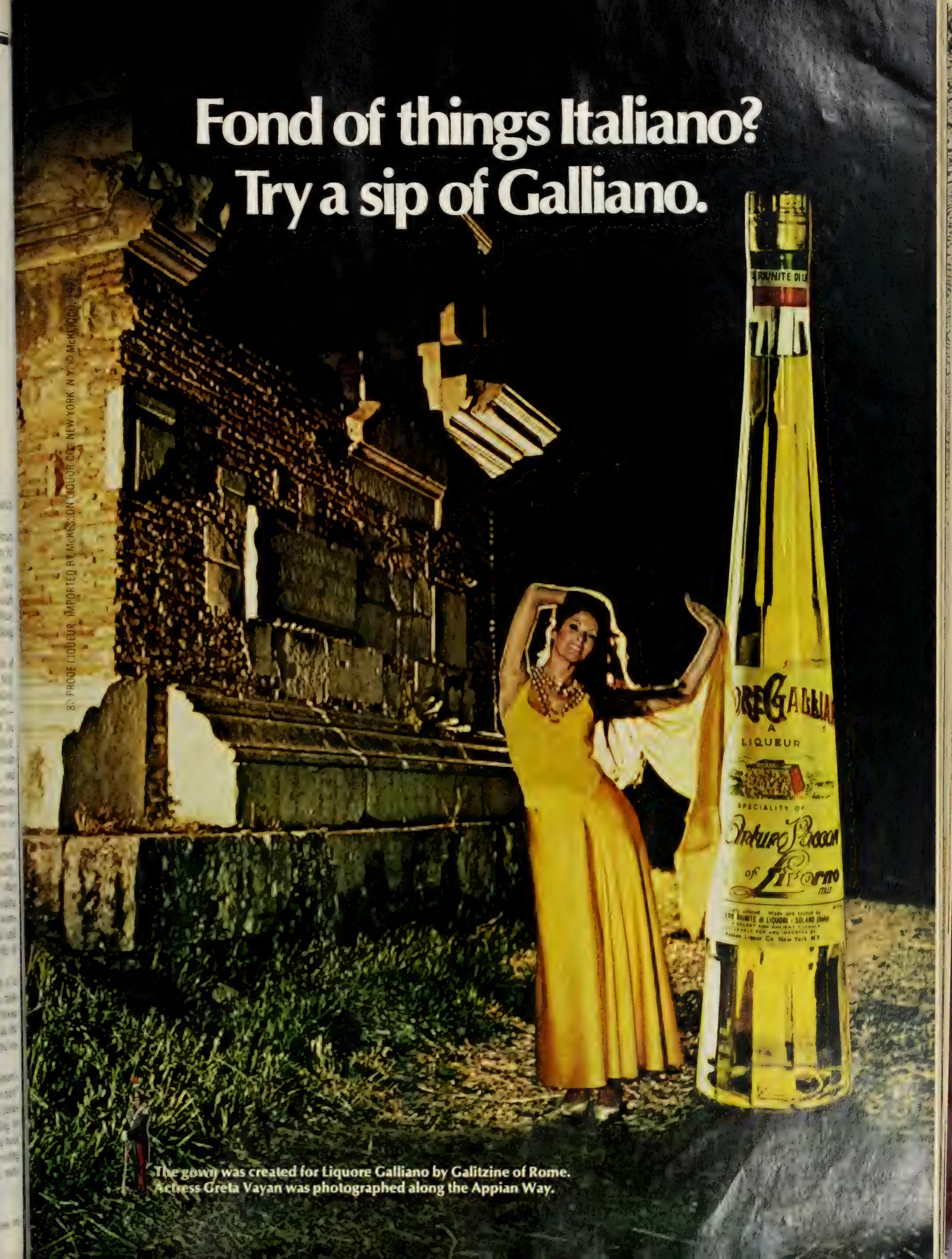
Perhaps the answer lies not in *where* we spend our time, but in *how* we spend it. Historically, women have been made to feel guilty if they spent their days doing anything but tending house, husband, and children—and many women have been led to believe that biological and emotional distinctions make them incapable of doing anything else.

Whether self-fulfillment takes the form of a paying job or not, we believe that women must have the right (and encouragement), to choose and be involved in projects inside or outside the house that are challenging, broadening, and socially meaningful.

Does this mean, or even imply, that Women's Rights advocates want to trade places with men? No. But many do believe that the roles and duties of marriage should be assigned according to natural talents and inclinations, not on the basis of sex. After all, homemaking and child rearing are not gender jobs. As we have written many

continued

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The gown was created for Liquore Galliano by Galitzine of Rome.
Actress Grela Vayan was photographed along the Appian Way.

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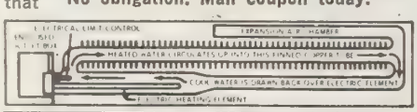
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continued

Women's Rights

times in the past, marriage should be a partnership of equals.

Equality. It's with this one word that the hue and cry goes up, and misunderstandings begin. We've discovered that many people think equality would somehow require that men and women be just alike; think alike, act alike, even dress alike. Perhaps there are a few radical feminists who would like to see a world of unisexual anonymity, but this patently absurd notion is held only by a minority of women.

What benefits would be derived from a marriage based on a partnership of equals? That would depend on the situation of each couple: whether both husband and wife work, whether they have children, and so on. With a more equal approach to home and parental responsibilities, a father would have more time, and thus more influence over the lives of his children.

There is little question that fathers *need* more of that participation. BH&G's family life survey revealed that 79 percent of our readers felt that "the dominant role of the husband in the American family is declining in importance." And 71 percent of our readers felt that decline to be bad.

At the same time, a mother would have much more guilt-free time to pursue the activities and hobbies that interest her. A marriage based on a partnership of equals wouldn't destroy love, but it would destroy many of the hard-to-live-up-to expectations and standards that often stymie love. In place of burdensome stereotyped roles there would be relationships based on reality and mutual respect.

The question is: how will these desirable—if somewhat scary—goals be brought about? For now, laws are the answer. Already there are numerous pieces of legislation that ban discrimination on the basis of sex, but the big legislation to come is the ratification of the Equal Rights Amendment to the U.S. Constitution. Both houses of Congress have already passed the ERA. To date, 30 states have ratified the amendment, and eight more must do so before the ERA goes into effect.

Contrary to the dire warnings of its opponents, the ERA won't take away any of the rights supposedly enjoyed by women; it will merely equalize them with the rights enjoyed by men. A law (state or federal) that confers a benefit, privilege, or obligation on one sex, will be extended to include the other sex. And a law that restricts or denies opportunities will be rendered unconstitutional. (Those who worry that the ERA will require men and women to share the same toilet facilities can put their fears to rest. The amendment does not affect laws governing privacy.)

Laws, however, are only a partial solution to the problem. In the long run it will have to be *attitudes* that change.

For starters, we'll have to stop brainwashing our children with the notion that there are certain professions for women and others suitable only for men. And instead of raising little girls to believe that the sole purpose in life is to catch a man, we should teach them—by word and example—to develop their own talents to the fullest and take their own ambitions seriously.

Grown women will have to change their attitudes, too. Ardent feminists will have to understand that a woman who believes the best outlet for her particular talents is the home has the right to choose to stay at home, and be proud of it. At the same time, housewives must not insist that every woman's place is in the home. Women who feel that they themselves have no need of the Women's Rights movement should understand that its goals can be vitally important to other women in other circumstances.

By the same token, we must stop expecting men to live up to the rough-and-tough James Bond concept of masculinity. The existence of this unattainable concept not only fosters anxiety in men, it keeps them from expressing the human qualities of tenderness, compassion, humility, and cooperation.

Not all of the proposals being made by Women's Rights advocates will work for everyone—at least not to the same degree. But basically, we believe most of the goals are not only reasonable and desirable, but necessary for the survival of the family. And our primary concern *is* the American family. We want to see it prosper and grow—and we are confident it will, as long as each of its individual members is allowed to prosper and grow. As women become progressively less dependent on men for their emotional and economic survival, marriage will offer more room for that individual growth.

In conclusion, if you believe as we do that every person has the inherent right to develop the maximum of his or her potential, then you're a member of the biggest—and most important—movement of all: the *human* liberation movement. ■

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"I knew I wanted something special for my living room wall.

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Right: Hang them high—hang them low. The choice is yours. Just remember to consider the visual weight of each picture for a well-balanced arrangement. Here the heavier oil was hung just above the baseboard while a lighter look canvas floats ceilingward. An elongated painting was a perfect choice for wall space alongside antique secretary.



Photograph: Suter, Hedrich-Blessing. Source: Jessie Walker



Photograph: Reynolds. Source: Barbara Gorder

Left: One of the pleasures of a gallery wall is the effects you can achieve by rearranging and changing pictures. This homeowner simplified the job by covering one wall of a sun-room with chicken wire. The wire was painted and framed on all sides with quarter-round molding. This leaves space between wall and wire for easy hanging of picture hooks. The wire will support even heavily framed pictures.

Left below: Space over a sofa is an obvious spot for an art display. But even the obvious requires planning. Here an asymmetrical arrangement of 17th century prints beautifully underscores the quiet mood of a living room. Note that the grouping does not extend beyond the arms of the sofa. You can hang a similar display over a long, low console.

Below: Contrast is an essential element in any good picture grouping. In this dining room arrangement, for example, a large oil in vivid colors is set off by a varisized selection of black and white prints. The wall-hung buffet acts as an anchor for the miniature gallery.

continued on page 54



Photograph: Hedrich-Blessing. Designer: Jean Teahen, A.I.D. Source: Liz Noah



Photograph: Reynolds. Source: Barbara Gorder

With clothes, kids, dirty dishes and a fussy husband, Whirlpool believes you deserve appliances you don't have to worry about.

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And of course, when the sale is made our service just begins. We wanted to make sure we kept in touch, so we initiated our Cool Line service. It's a toll-free telephone service available to you anytime. If you have questions about any Whirlpool home appliance, just call this number: 800-253-1301. In Michigan call 800-632-2243.

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It really kind of boils down to this: Whirlpool believes you have one of the most important jobs in the world. And we want to do everything we can to make it easier for you. If that's what it takes to make a better world, we're all for it. Whirlpool

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continued from page 44

Art—all through the house

Photograph: Reynolds. Source: Barbara Gor



Above: Paste up some posters, and gain a gallery wall at a budge price. In this teen-age bedroom, one wall showcases stars o yesterday and today. The posters are played against stark white walls to make the room appear bigger than it actually is. Since the room is schemed in black and white (inspired by the posters) several strong patterns can exist together in complete harmony. **Below:** One large picture can give dramatic emphasis to a small nondescript bath. See the impact produced by this pen and ink portrait with its simple frame and neutral matting. In choosing frames, a good rule of thumb is to use plain frames on simple uncomplicated pictures—ornate frames on heavier, more detailed ones.



Photograph: Hedrich-Blessing. Designer: Sheldon J. Scott, Inc. Source: Liz Noa



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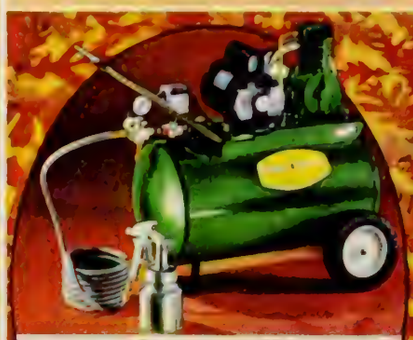
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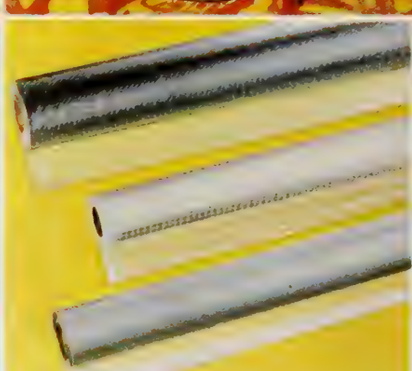
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Good contemporary houses look back as well as forward. In fact, many of the best derive from designs hundreds of years older than traditional styles—ideas that have endured because they work so well. Here are six old/new houses and the unassuming classics that inspired them.

OLD SHAPES, NEW LIVING



Photograph: Helms. Source: Estelle Guralnick. Small photo: Ray Woods

America has a farm heritage, so what could be more appropriate than design that echoes the clustered shapes of a barn and other outbuildings? That's exactly what the house above does, as you can see by comparing it with the farm scene in the small photograph at right.

Farmers are practical. They build with an eye to the prevailing winds, locating structures so there will be a minimum of steps between chores, and using designs that maximize the space inside.

So does our cluster house. It looks at first like three separate buildings, related by their shapes, proportions, and materials. Yet each is tied to the other to form a working entity that provides privacy for family, formal, and sleeping areas. As with a farm building, each segment is a simple, easy-to-construct form, with natural materials that will weather as the years go by, and minimum decoration. Even the windows at the gable ends hark back to the openings in a barn's haymow.





Photograph: Helms. Source: Ruth Martin. Small photo: Ray Woods



Remember the House of the Seven Gables? Early New England builders were very fond of simple, sturdy, triangular shapes and often played one against another for exciting design effects. It's an architectural technique that still works very well—and somehow seems contemporary.

Here a quartet of town houses plays the gables game. Each unit is offset, yet they're all tied together along the rear run of the roof. As with the old stone barn above, the entire building reads as one entity, even though it first looks like several separate pieces.

To play up the center of his town houses, the architect used yet another gable—this one in the form of a tall, slender bay.



Photograph, Helms. Source: Ruth Martin. Small photo: Ray Woods

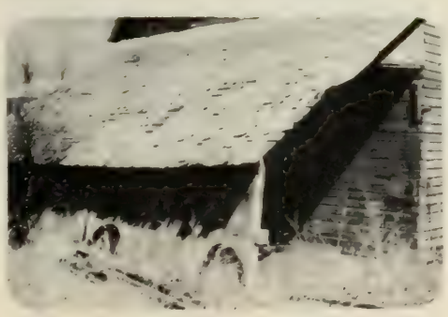
One of the most popular of today's borrowings from the past is the gambrel roof. Barn builders for centuries have favored it because it fits another level of usable space into what would be simply a cramped attic in an A-line design. In other words, there's more room for hay.

Of course people, unlike fodder, need light. So most residential versions of the gambrel are modified to accommodate windows—either with conventional dormers or, as shown here, inverted dormers. In this example the architect went even further and left a deep notch in the center. Mentally fill in the empty space, though, and you'll see that the roofs on the house and barn have almost identical angles.

Do you know the difference between a gambrel roof and its French cousin, the mansard? A mansard roof has two sloping sections on all sides. A gambrel has two sloping sections on two sides only; the other two sides have only a single section that is vertical or, as in this instance, very nearly so.



Photograph: Fred Lyon. Source: Barbara Gattenart. Small photo: Ray Wood.



It didn't take primitive man long to discover that by propping branches against a steep cliff he could create a lean-to. Adding a short wall on one side and a taller one on the other turned the lean-to into a shed, a strikingly efficient design that's now thousands of years old.

Compare the house above with the rustic shed at left and you'll see how easily this classic shape works for modern living. Though at first it may look more complicated, the house simply consists of two opposing sheds that have been made weathertight with glass and walls at the ends. Otherwise these sheds are very much like the cruder version—similar slopes, similar proportions, even similar roughhewn materials for roofing and siding.

Shed shapes make versatile building modules. They can be opposed, as here, or perpendicular to each other, built back to back or separated entirely except for a passageway that connects them. And as our prototype shows, adding on is as easy as building another shed.





Photographs: Helms. Source: Estelle Guralnick. Small photo: Ray Woods

The saltbox shape undoubtedly began with farmers who needed a little more space in their barns. Instead of going to the trouble of building an elaborate addition, a man would simply extend the roof on one side or the other—ending up with a structure that was larger but looked lopsided, like our example at the top of the page.

Builders in colonial New England figured out that the same idea would provide more first-floor space in a 1½-story house, and the design has become an American classic.

Because its asymmetrical lines startle the eye, the saltbox is a favorite contemporary device, too. Like the shed (a saltbox is really just two opposing shed roofs), it allows for some dramatic spaces inside. In fact, contemporary saltboxes beg for interior excitements like balconies and open, sweeping ceilings.

And there's plenty of opportunity for fun outside as well. Notice here how the architect has added a dormer on the left and continued the roof line on that side almost down to ground level.





Photograph: Fred Lyon. Source: Barbara Cathcart. Small photo Jim Pollock

The design origins of this towering contemporary might have been a puzzler if we hadn't included the photograph at right. The architect was obviously fascinated by the way elevators, mine tipples, and other tall utilitarian structures are casually surrounded by lower buildings in such a way that the grouping ends up looking like one unit.

The plan for the house is much the same—a tight massing of sheds around a central tower.

Of course there's a big difference between the purpose of a grain storage facility and that of a house. That's why good contemporary design only *begins* in the past. Its roots may be there but its branches serve the 1970s and beyond.

Fall Planting Guide

Landscaping with Spring Bulbs

By: Hamilton Mason





The popularity of spring-blooming bulbs isn't surprising. They're a welcome relief to winter-weary eyes. And, spring bulbs are easy to grow. A minimum of planning and digging this fall will reward you with a wealth of blooms next spring. When flowers fade and foliage matures, you can over-plant with annuals for summer color.

To show how effective spring bulbs can be in various landscape situations, we took before and after pictures at several houses. In some cases we added other basic landscape plants like shrubs or ground cover, and in one instance we added a deck. But in most of these examples, spring bulbs make the dramatic difference. See for yourself by trying some of these ideas.



Bay windows can look bare without basic landscaping. First we added low-growing junipers as a foundation planting, then short tulips in front. Pink double early Murillo maxima bloom in foreground, while red double early Stockholm add vivid color to the other side.



Front entry walks are all too often unadorned. Even small bulb plantings liven them considerably. Here we removed a couple of paving squares and planted warm and brilliant Praestans Fusilier tulips. When bulbs fade, let the pachysandra take over or plant colorful summer annuals.

Helms. Designer: Stephen Mead





Sliding-glass doors, plus a step, are great. But look at the advantages gained by adding a simple wood deck to extend indoor living space outdoors. The tulips used are Gudoshnik. We also added low-growing mugho pines (foreground), a euonymus, and service-berry (white in background).





Dress up a drab corner like this one with colorful spring bulbs. Add shrubs, too, for permanent interest. The yellow daffodils are Unsurpassable; the hyacinths are White Carnegie. Andromeda blooms in the corner, upright yew adds constant green, and pachysandra ties it all together.

Landscaping with Spring Bulbs





Don't ignore the area around your garage door, even if you are the only one who sees it. White daffodils behind the brick retaining wall are Beersheba. Low yews and andromeda complete the renovation of the slope. Their roots will hold the soil in place and prevent erosion, common in such sites.





The side entrance of a house is often neglected. In view of the traffic it usually gets, why not make it attractive? Here, the combination of red triumph tulips Albury and blue hyacinths says "Spring" to everyone. Espaliered junipers are a good backdrop for any planting you select.





With a bed of bulbs and a few other improvements, you can work wonders with a raised entrance. This mass of Darwin tulips Duke of Wellington highlights a renovation which also includes a planter box with ferns, low shrubs, and a reseeded lawn.





Another spot that seldom gets landscape attention is around a basement window light well. Camouflage the well and take advantage of the open spot as a place for bulbs. Greigi tulips Dreamboat grow only ten inches high yet they fill the space with glorious color. Ground cover is pachysandra.

Planting information on page 68

GARDENING IN OCTOBER

Now that you're inspired by the bulb photographs on pages 64-67, you're ready to plan your own spring show. First decide what kinds of bulbs you want in your garden. It helps to thumb through bulb catalogs and study the blooming times, plant heights and colors. Work out planting combinations you'd like to try, then cross-check to be sure the colors are compatible and blooming times coincide.

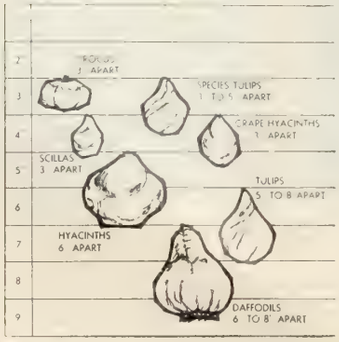
Daffodils and early-blooming bulbs like snowdrops and crocus should be planted early fall. If any of them are in your planting plan this season, buy them locally as soon as possible and get them in the ground. Tulips are best planted in the far North in mid-to-late September; in the central states in late September to late October; and on the West Coast in October and November. Plant hyacinths in October. If you live in the Deep South or other warm area, buy cold-treated bulbs or store bulbs in your refrigerator until planting time in late November or December.

How to plant bulbs

You can grow healthy bulbs in any good garden soil. If yours is heavy clay or light, sifty sand, add peat or rotted compost and dig it in.

All bulb planting sites must be well drained. Bulbs rot in waterlogged soil. Water should not stay on top of the ground for longer than one hour after a storm, and spring runoff should not collect over planting areas. You can improve drainage by digging out beds two or three feet deep, adding gravel or tile, then refilling.

You don't need to fertilize for good first-year bloom, because the flower is already formed within the bulb. But, to encourage peak growth and flowering in future years it's a good practice to mix a high phosphorus and potash fertilizer, such as 3-18-18, into the soil a few inches below the new bulb. See that there is a two-inch layer of unfertilized soil beneath each bulb you plant. Mixing fresh manure into bulb soil is verboten, but dry processed or well-rotted manure is good. Bone meal may also be helpful.



Plant bulbs by digging out a large hole for a clump, or a small one for one bulb at a time. See the chart below for depth to plant each type of bulb. Set bulbs firmly but gently, point up, so that the whole base touches the soil. Replace soil, mounding it over each bulb to allow for settling. If you live in the far North, or if you want to plant summer annuals over the bulb bed later, set bulbs a few inches deeper than the measures indicated on the chart. For best effect, plant 12 or more medium or tall bulbs together, 25 or more small ones per clump.

To prevent mice, squirrels, and other pests from eating your bulbs, surround them with hardware cloth. Or use repellents (such as moth flakes or blood meal) to keep away pests.

Water all the new plantings thoroughly. If there's no rain, continue with a deep soaking once a week till soil freezes.

To keep soil moist and to delay freezing, mulch over the new plantings with non-matting leaves, hay, straw, wood shavings, or evergreen branches.

Where to plant

Early spring bulbs do best where late winter sun is warmest. A bed on the south side of the house close to the foundation is ideal. Species and early tulips, crocus, snowdrops, and other little bulbs are fine choices for rock gardens. The mid-season and late daffodils and tulips work well planted among perennials, along walks, or in front of shrubs. Use hyacinths as a border for a walk.

Many types of bulbs work out well when interplanted through ground covers like periwinkle, pachysandra, ivy. The ground cover hides fading bulb foliage.

Besides bulb planting, several other garden jobs need attention this month. Fall is the best time to feed bluegrass lawns and most other northern grasses. Autumn feeding benefits the grass more than the weeds. Check the other October reminders, right.



You can reduce the freeze-back of rose canes by covering each bush with a polystyrene cone. The insulated sides and tops of these cones protect plants from alternate freezing and thawing and keep temperatures several degrees higher inside.



Topdress your lawn with fine, dark hypnum or reed-sedge peat moss. This is one of the best beauty treatments you can give your grass—it's especially important where grass is thin. Use spreader at full open position or broadcast by hand.

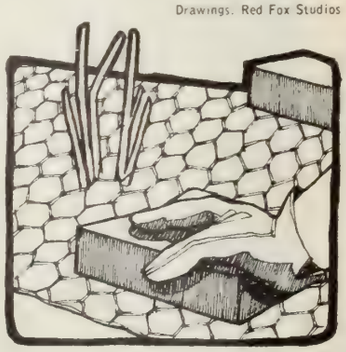


Protect the long canes of your climbing roses by laying them on the ground and staking as shown; the log prevents the canes from bending too sharply at base. Completely cover canes with oak leaves, excelsior, or straw secured with soil cover.

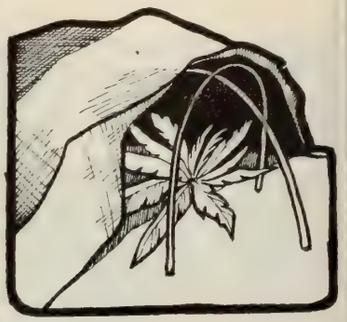


Put a protective covering over the small tufts of fall growth that some bulbs and perennials put out. Here, a flowerpot inverted over a madonna lily shoot will keep winter mulch from packing around the green leaves. Packing can cause winter rot.

Drawings: Red Fox Studios



Hold the mulch on your perennial border firmly in place with sections of poultry wire anchored with a few bricks or stones. Mulch a perennial border after frost is in ground. Oak leaves make a good mulch.



For plants such as oriental poppies that put up a large clump of fall growth, you'll need a bigger cover than a flowerpot. Form a frame of crossed wire loops and cover with a square of burlap. Pile soil on the edges to hold the frame in place.



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HOUSEPLANT HOW-TO



A sedum for indoors

If you think of sedums as reliable but unexciting plants for the rock garden or wall, you'll have a new experience when you grow *Sedum morganianum*, known as donkey's tail or burro's tail.

This is a plant for hanging as the "tails" can grow three feet long. If they cascade all around the pot, you have a spectacular specimen. When it is young, you can set it on a windowsill and let the "tails" hang.

A word of caution: Put your plant where people won't brush against it. The leaves are barely attached and fall off at the slightest pressure. If this happens, just stick the leaves, stubby end down, into the soil the plant is growing in, or into any rooting mix. This way, you get the extra plants to encircle the original.

We found that donkey's tail needs more water than most succulent plants—a light watering two or three times a week. If you fail to do this, the leaves shrivel and fall off here and there along the stem without any particular pattern. The leaves are normally plump so as soon as you detect any wrinkling—you haven't been providing enough moisture.

The soil mix should be porous so that water practically runs right through the pot. If it doesn't, repot in a mixture that contains at least one-third sand or perlite. Grow in bright light, or even full sun, but not directly next to glass.

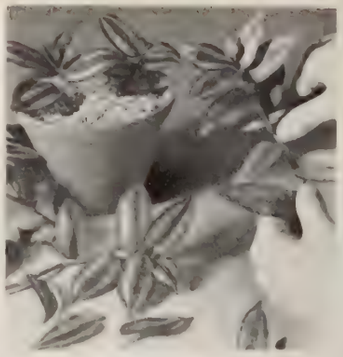
Chives on the windowsill

During the winter, it's handy to have fresh chives in the kitchen. No doubt this was what prompted you to buy a pot of chives at the supermarket and put it on your windowsill. If the plant didn't live very long, even though you watered it carefully, don't be discouraged. The trouble may have been a too small pot, or too little fresh soil. Next time you bring a plant home, knock it out of the pot and if it has little or no soil, move the plant to a larger pot. Use a moderately rich, well-drained mixture.

If you have chives growing in the garden, you can pot up small clumps. Whether you do this before or after the first frost, the leaves will yellow, a reaction to the shock of being moved. They'll soon recover and start putting out tender new and usable growth.

Wandering Jew indoors and out

Several plants of similar growth habit but of different leaf coloration carry this common name.



The one shown is *Zebrina pendula*, which has purple leaves streaked silver.

Wandering Jew is so dependable and easy to propagate that you can always have plants and some left over to give away. Take three- or four-inch tip cuttings and remove leaves from the part of the stem that goes into the rooting medium. If the foliage is buried, it rots.

Usually wandering Jew is grown as a cascading plant indoors, but in year-round warm areas it can be used as a permanent ground cover. Zebrina isn't winter hardy, but even in cold climates it makes an exotic temporary accent in a summertime garden.

continued on page 145

One costs you more. Here's why it's worth it.



The Eljer Emblem, far left, is a good toilet, better than most. The Silette, near left, is our best; it's quieter, better looking, easier to clean.

The Silette is a single piece of gleaming vitreous china, with no seams or joints, so it's easier to clean than a two-piece toilet. And the flushing action is so quiet you may be tempted to lift the lid to make sure it's working.

You only buy bathroom fixtures once. Then you live with them. And hear them. And clean them.

Considering the total cost of your new home, and the length of time you'll live in it, buying the best seems like a good investment. But judge for yourself.

Write for our new brochure "Everything You Need to Know About Bathrooms But Didn't Know Enough to Ask." It's not technical, just factual and free. Write Eljer, Dept. BH, 3 Gateway Center, Pittsburgh, Pa. 15222.

ELJER®

Eljer Plumbingware Division/Wallace-Murray Corporation

The many passenger Washer and Dryer from Frigidaire and General Motors.

They handle up to 18 lbs. each time you give them a spin.



Maybe you didn't know it, but Frigidaire is part of General Motors. And some of the engineering skills that go into G.M. cars also go into many of our dependable Frigidaire appliances.

For instance, whether you're a many passenger family or a small compact family, Frigidaire has a washer and dryer to fit your needs.

Take these two beauties. They're both automatic and both of them are built to run smoothly for years. Each one is a sleek 27 inches wide yet they're both built to handle big loads—up to 18 pounds each time you give them a spin.

And when it comes to handling, these two machines are very flexible. They pamper all fabrics—everything from permanent press to delicate knits.

Of course, maybe you're a small compact family and need all the space you can get. Then you'd like our economical Skinny Mini—a one-piece vertical washer and dryer, only two feet wide. As small as it is, it's still big enough to take the average wash load.

Visit your Frigidaire dealer and test spin all our washers and dryers. Or if you'd like our washer and dryer brochures, write to Frigidaire, Box 999, Dayton, Ohio 45402.

Frigidaire. Home Environment Division of General Motors.

Elmer's Christmas Book tells you how to turn a dull cup into a wise man.

All it takes is Elmer's® Glue-All, some disposable cups, felt, a few spare buttons and beads. Making your own Christmas decorations from odds-and-ends is fun—and to help you we've put together Elmer's Christmas Creativity Book. Just mail the coupon along with 25¢ for postage and handling. Merry Christmas.





Elmer's Christmas Creativity Book, Dept. G-10
Box 266, Medina, Ohio 44256
Gentlemen:
Please send me Elmer's Christmas Creativity Book.
Enclosed is 25¢ to cover postage and handling.

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Street _____

City _____ State _____ Zip _____

LIBERATION CAN BE TOUGH ON A WOMAN.

Today's woman is no longer tied to her apron strings. Physically or mentally.

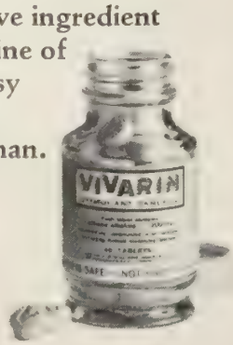
She not only has to be on her feet a lot more, she also has to be on her toes.

And, let's face it, occasionally there are times when she isn't as sharp as she'd like to be.

For those times, there's Vivarin.

Vivarin is a gentle pick-me-up. The active ingredient that makes Vivarin effective is the caffeine of two cups of coffee squeezed into one easy to take tablet.

Vivarin. Help for the modern woman.



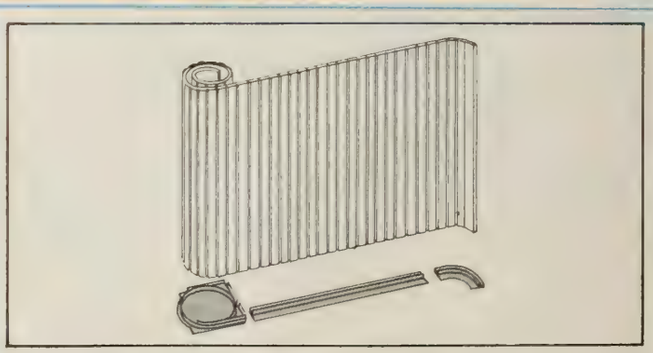
GOOD NEWS



You don't have to be a mason to install a beautiful and durable brick floor. With this new system you merely lay the bricks in place over the mastic, then squeeze the special grout from the plastic bottle into the spaces between bricks. Since the grout is self-leveling, you don't need special tools to smooth the joints.

The high-density polyester bricks are made exclusively for floors. Nonporous and fungus resistant, the bricks won't chip, crack, or fade. They can be applied with the proper mastic to virtually any sound subsurface—indoors or out. A low-gloss sealer coat will enrich the brick tones.

Bricover Glue and Grout Floor System, about $2.00 per square foot at home improvement departments. Plastronics, Inc. 586 Higgins Crowell Rd., West Yarmouth, Mass. 02673.



Need a door that won't open accidentally? Then think about using a tambour door on your next cabinetry project. The old-time rolling door is ideal for confined areas since it doesn't need room to swing open—and it works equally well horizontally or vertically.

The tambour material is available in sizes up to four by eight feet, and you can cut your own doors to fit specialized applications. The doors roll in plastic tracks that can be installed faster than the hinges used on a conventional door.

Herculex Ambidextrous Tambour Door, about $1.60 per square foot in bldg. depts., Herculex Div. Sauder Woodworking Co., 502 Middle St., Archbold, Ohio 43502.

continued



483 touchdowns were scored around this table.

It's not just an ordinary table. It's a Keller table.

So, go on and diagram a quarterback sneak. Or a long touchdown pass.

At Keller, we make furniture strong and dependable. All our tables are topped with scratch-and-heat resistant Armor-Gard. So your dining room can be more than a dining room.

It can be a conference room.

Or a game room.

Or a study room.

Or just about anything you'd like.

And through it all, from starting whistle to final gun, it'll stay beautiful. Because it's Keller.

It's more than just dining furniture. It's KELLER

Keller Mfg. Co., Corydon, Indiana 47112, Estab. 1899

Christmas Crafts You Can Make



Christmas Tree Rug and Skirt Decorative and practical, this 48″ square rug makes a beautiful addition to your Christmas decor. 30″ skirt fits snugly around tree; can also be used as a table cover. Kit includes stamped burlap rug and skirt, wool embroidery yarns, needle, and instructions.
Kit No. 00583 $9.95; 2 for $18.95



Feathered Friends Calendar-Poppies Aglow Calendar Make several of these quick and easy calendars for your home and as gifts. Kit includes printed design on fabric, rod, hanging cord, sequins and beads, embroidery floss, needle, and instructions.
Feathered Friends Calendar, No. 00045, $3.99 each; 2 for $6.99; 4 for $12.99
Poppies Aglow Calendar, No. 00320, $3.99 each; 2 for $6.99; 4 for $12.99



Christmas Candle Pillow Holiday candles and evergreen sprigs give this pillow a traditional holiday spirit. With its companion items it provides that little "extra touch" to your holiday decorations. Kit comes complete including 16″ square design stamped on natural burlap, piping, embroidery wool, needle, and instructions. Kit No. 00066 $3.95; 2 for $7.95



Christmas Place Mats Brighten a holiday table at your house! These festive place mats are so easy to do you can make a complete set in no time at all. Kit includes four 15″x18″ natural colored burlap mats, all wool yarns, needle, and complete instructions.
Kit No. 00067 $5.95 per set; 2 sets for $9.95; 3 sets for $12.95

Please send me the following:

- ☐ Tree Rug and Skirt Kit No. 00583 $9.95; 2 for $18.95
- ☐ Poppies Aglow Calendar Kit No. 00320 $3.99 each; 2 for $6.99; 4 for $12.99
- ☐ Feathered Friends Calendar Kit No. 00045 $3.99 each; 2 for $6.99; 4 for $12.99
  Special Offer: Get 4 kits—any 4 for $6.99, any 8 for $12.99
- ☐ Christmas Candle Pillow Kit No. 00066 $3.95 each; 2 for $7.95
- ☐ Christmas Place Mats Kit No. 00067 $5.95 per set; 2 sets for $9.95; 3 sets for $12.95

Send order and remittance to
Better Homes and Gardens, Dept. 2XG
Box 374, Des Moines, Iowa 50336

Postage Chart	
For orders up to $5	add 45c
For orders from $5.01-$10	add 75c
For orders from $10.01-$15	add $1.00
For orders from $15.01-$25	add $1.25
Over $25	add $1.50

Name _____
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City _____
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GOOD NEWS



Here's a portable TV with a well-rounded personality. The spherical plastic cabinet rests on a concave base so you can swivel the screen a full 360 degrees sideways or 35 degrees up and down.

The compact TV is ideal for bedrooms and kitchens. In the base there's a digital clockface with a 24-hour alarm. It will wake you to a gentle buzz or an early-morning program, or turn on at news time while you're preparing dinner.

The set features solid-state construction, so the picture and sound come on instantly. The unit is 11¼ inches in diameter, weighs just 13.6 pounds, has a nine-inch picture tube, and is available in orange-red and ivory.

Videosphere, Model #3241, $169.95 in home entertainment departments. JVC America, Inc., 3012 Malmo Drive, Arlington Heights, Ill. 60005.



Kitchen equipment should work hard to earn the space it occupies on your kitchen counter top. This open-front appliance is smaller than a conventional pop-up toaster, but it browns bagels and English muffins and warms sandwiches as well as toasting bread. Since the bread lies flat, you can spread the butter, jelly, or cinnamon before toasting, then carry the treat piping hot to the table.

Toast color is easy to control. Just place the bread on the toaster rack, set the toast color control, and turn the appliance on. When the right color is reached, the heating element turns off. Every piece of toast from this point on will be toasted exactly like the first.

Automatic Toast 'n Brown, Model T-16 Toaster, $17.98 in appliance depts. General Electric, Six East 43rd St., 8th Floor, New York, New York 10017.

continued



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Before you spend thousands of dollars on a home, spend 50¢.

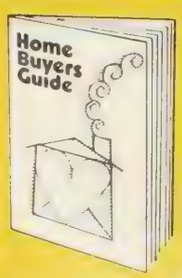
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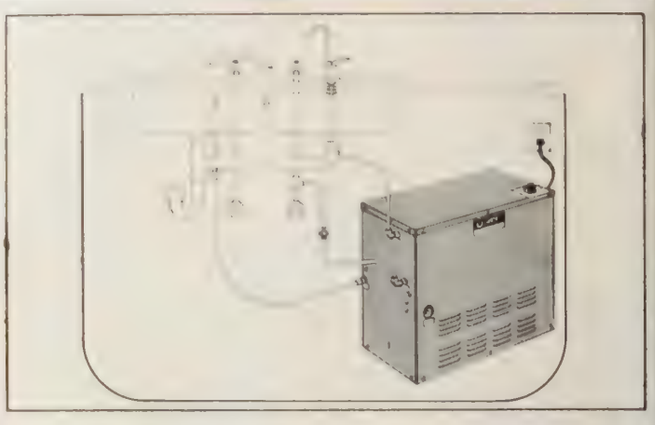
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B

GOOD NEWS

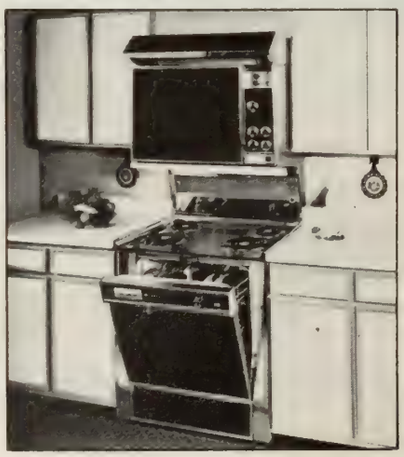


You can filter bad tastes and odors from your drinking water and chill it at the same time with this addition to your home water system.

In urban areas, the biggest taste offender is the chlorine put into the public water to kill bacteria. This unit will completely eliminate all chlorine taste and odor, as well as rust, scale, and foreign particles from deteriorating pipes. In rural areas, the unit removes the tastes and odors of underground minerals and gases, as well as dangerous coliform bacteria.

Frozen juices, soups, boiled vegetables, and anything else prepared with water will taste better. Since the filtered water is almost as mineral-free as bottled distilled water, it's ideal for use in steam irons, car batteries, and for hobbies such as home photo labs.

Filtercold, $335 direct from manufacturer or through plumbing contractors. Filtercold Corporation, 2810 South 24th St., Phoenix, Ariz. 85034.



This complete cooking and cleaning center consolidates several appliances to help you make the most of kitchen space. You can get an eye-level oven, cook top, vent hood, and dishwasher all in the 30-inch space normally occupied by a range.

The secret of the system is the shallow cook-top burner pan which fits neatly over the dishwasher. The metal base cabinet houses the dishwasher and supports the oven and vent hood. Since nothing is actually built into your kitchen, the system is ideal for both new construction or remodeling.

Modern Maid Cook-N-Clean Center, from $550 to $750 at kitchen appliance distributors and building supply stores. Modern Maid, Inc., Chattanooga, Tenn. 37401.

You'll wake up feeling good if your back feels good. That's why Sealy Posturepedic® is designed in cooperation with leading orthopedic surgeons for firm comfort—to promise no morning backache from sleeping on a too-soft mattress.

Posturepedic isn't made like an ordinary firm mattress. Extra coils give you more support, even around the edges where ordinary mattresses first start to sag. And, Sealy's patented torsion bar foundation works together with the mattress for better all-around support.

Sealy Posturepedic is truly unique. It's the bed that promises you a good night. And, a good day.

SEALY POSTUREPEDIC
The unique back support system.



Sealy



A Sealy Posturepedic morning. Your back will be glad you didn't buy an ordinary firm mattress.

In a world where everybody creates a world wher

Play Family House (Kitchen Set, Patio Set, Bath/Utility Room Set sold separately.) Musical Ferris Wheel. Fire En
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Fisher-Price Toys, East Aurora, New York 14052. Division of The Quaker Oats Company

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verybody's littler.



Make-ahead brunches





Photographs: Dreter

SAUSAGE-FILLED CREPES

3 beaten eggs
1 cup milk
1 tablespoon cooking oil
1 cup all-purpose flour
1 recipe Sausage Filling
½ cup dairy sour cream
¼ cup butter or margarine, softened

Combine eggs, milk, and oil. Add flour and ½ teaspoon salt; beat smooth. Pour 2 tablespoons batter into greased 6-inch skillet; tilt. Cook on 1 side; invert on toweling. Repeat to make 16. Place 2 tablespoons Sausage Filling down center of each; roll up. Place in 11¾x7½x1¾-inch baking dish. Cover; chill. Bake, covered, in 375° oven 40 minutes. Mix remaining ingredients; spoon over. Bake, uncovered, 5 minutes. Makes 16. *Filling:* Cook 1 pound bulk sausage and ¼ cup chopped onion; drain. Add ½ cup shredded process cheese, one 3-ounce package cream cheese, and ¼ teaspoon dried marjoram.

EGGS FLORENTINE

Serve with a fresh fruit platter and chilled white wine—

1 10-ounce package frozen chopped spinach, cooked and drained
1 can condensed cheddar cheese soup
4 eggs
1 tablespoon milk
2 teaspoons instant minced onion
1 teaspoon prepared mustard
½ cup plain croutons

Combine spinach and half of the soup. Spoon into four individual casseroles; spread evenly on bottom and up sides. Carefully break one egg into each dish. Refrigerate till ready to bake. Bake in 350° oven for 20 to 25 minutes or till eggs are set. In saucepan, heat together the remaining soup, the milk, onion, and mustard. Spoon into serving bowl; top with croutons. Pass sauce to spoon over eggs. Makes 4 servings.



Shower your bath with color!

Sears Antique Satin Shower Draperies.

Now you can turn your bathroom into a showplace. Because these are more than plain shower curtains. These are Sears Antique Satin Shower Draperies!

For dramatic highlights, choose any of 15 brilliant colors in richly slubbed 100% Estron® acetate taffeta. Plus color-coordinated vinyl liner. Waterproof, Sani-Gard® treated to resist mildew. Draperies hand washable. Liner, machine wash, hang to dry.

Add more beauty with our color-coordinated matching window ensembles. Towels. Bath carpets, rugs and accessories. In Sears Bath Shop at most Sears, Roebuck and Co. stores, and by catalog.



Sears

If Colgate is just a kid's cavity fighter, how come Gwen Verdon won't brush with anything else?

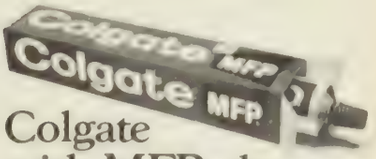


The *Sweet Charity* of Gwen Verdon is well known to many people. For even while starring in Broadway hits from *Damn Yankees* to *Redhead*, Gwen's life has been people. Teaching. Working with the underprivileged. Giving. That's what Gwen Verdon is all about.

Gwen brushes with Colgate, a toothpaste for people who like people. Colgate freshens breath as long as a leading mouthwash as clinical test results show. And the taste is brisk and clean.

Only your dentist can give teeth a better fluoride treatment than Colgate with MFP. But a great cavity fighter can be a powerful breath freshener, too.

If you like people, be sure you brush with Colgate Gwen Verdon wouldn't think of brushing with anything else.



Colgate with MFP...the breath-freshening cavity fighter.

1973, Colgate-Palmolive Company

BY JOAN McCLOSKEY

How to make the most of your fondue pot

If you think fondues and parties go together, you're right. But don't stop there—fondues are great family fare, too. An electric fondue pot is the most versatile for family use; it can handle foods cooked in hot oil or broth, heat soups and beverages, and be used as a serving dish for vegetables and entrées.

Non-electric fondue pots vary; some of the earthenware types are best for cheese dishes and other low-temperature cooking. Metal styles with alcohol burners are ideal for beef fondue.

Temperature on an electric pot ranges from low to high and is automatically maintained. To make full use of your electric fondue pot, check these ideas:

- Try hot cider, buttered rum, punches.
- Make butterscotch or orange dessert fondue in place of the usual chocolate. Use wedges of fruit, gingerbread, or little pieces of angel cake to dip in the dessert fondue.
- Cook frozen egg rolls in hot oil till golden. Dip in a tangy soy sauce.
- Serve a hot dip in the fondue pan.
- Try Vienna sausages wrapped in refrigerated dough. Cook in hot oil till browned.
- Dip bite-size pieces of seafood or crisp vegetables like cauliflower in pancake batter, then cook in hot oil.
- Batter-fry onion rings in hot oil.
- Fill the fondue pot with chicken or beef broth, then cook thinly sliced vegetables.

Keep these points in mind when you use an electric model:

Always use it on a flat, level surface and make sure the cord is out of the traffic path.

Insert heat control in appliance first, then in outlet.

Don't cover the pot when oil is heating. Be very careful when carrying hot liquid from the range to fondue burner. Use both hands—one to grasp the handle, the other to steady the bottom of the pan. Set the pan in electrical unit securely.

Buying information, page 159

Photographs: Dreier







FRUIT SAUCE FONDUE

A participation dessert that's fun for a small dinner party—

¼ cup sugar
3 tablespoons cornstarch
Dash salt
¾ cup cold water
½ cup currant jelly
¼ cup orange juice
¼ cup unsweetened pineapple juice
3 tablespoons lemon juice
3 drops red food coloring (optional)
Apple slices and banana chunks

In small saucepan, combine the sugar, cornstarch, and salt. Blend in cold water; cook and stir over medium-high heat till mixture thickens and bubbles. Add currant jelly; cook and stir over low heat till jelly melts. Stir in orange juice, pineapple juice, lemon juice, and red food coloring. Heat just to boiling. Pour into fondue pot over fondue burner. Serve with apples and bananas. Makes 1¾ cups.

DEEP-FRIED FISH FONDUE

For this fondue use a firm-fleshed fish such as halibut, haddock, cod, red snapper, or whitefish—

1 pound fish fillets, cut into 2½x¾x¼-inch strips
⅓ cup all-purpose flour
½ teaspoon salt
2 beaten eggs
¾ cup fine dry bread crumbs
Cooking oil
1 recipe Tartar Sauce

Drain uncooked fish thoroughly; pat dry with paper toweling. Stir together flour and salt. Thread fish onto bamboo skewers. Coat fish with flour mixture; dip in beaten eggs, then in bread crumbs. Pour oil into fondue cooker to no more than half of capacity or to depth of 2 inches. Heat over range to 370°. Add 1 teaspoon salt to oil till golden brown, about 1 minute. Transfer to dinner fork; dip in *Tartar Sauce:* Combine 1 cup mayonnaise or salad dressing, 3 tablespoons snipped parsley, 2 teaspoons chopped pimiento, and 1 teaspoon grated onion; chill. Makes about 1 cup sauce. Makes 4 servings.

BEER CHEESE FONDUE

Bagel dippers make this different—

1 small clove garlic, halved
¾ cup beer
2 cups (8 ounces) shredded process Swiss cheese
1 cup (4 ounces) shredded sharp natural cheddar cheese
1 tablespoon all-purpose flour
Dash bottled hot pepper sauce
Cubed bagels

Rub inside of heavy saucepan with cut surface of garlic; discard garlic. Add beer and heat slowly. Coat cheeses with flour. Gradually add cheeses to beer, stirring constantly, till mixture is thickened and bubbly. (Do not boil.) Stir in hot pepper sauce. Pour into fondue pot; place over fondue burner. Spear bagels with fondue forks; dip into cheese, swirling to coat. If mixture becomes too thick, stir in a little additional warmed beer. Makes 4 servings.



The royal gardens of the Orient inspired us to create our own work of art.™

The timeless beauty and peaceful serenity of the Far East blossom anew. In Mandarin Garden. From Cannon Royal Family International Fashions.

In full bloom on lusciously thick all-cotton towels. Crisp, no-iron cotton and polyester percale sheets. And our new, truly washable Permapoint™ quilted polyester/cotton bedspreads.

Mandarin Garden comes in three new color combinations, all designed to bring the charm and beauty of the East into your home.

International Fashions™

Cannon Royal Family

Mandarin Garden in: Olive Green (shown), Cranberry Red, or Mocha.
Cannon Mills Inc., 127 Avenue of the Americas, New York, N.Y. 10020

IDEA ROOMS:

pick the features that fit your family

By Robert E. Dittmer and
Pamela Wilson Cullison



What's an Idea Room? It's a concept for increasing the pleasures of family life through the functional and flexible use of space. To demonstrate we've designed two example rooms. One is composed of elements you can build, the other with things you can buy. Pick and choose from the dozens of ideas on these pages, then adapt your favorites to fit your family, your house, and your pocketbook.



Photographs: Mike Dieter. Designer: Morley B. Smith



Here's our built-in Idea Room. It features ideas for practically every activity and interest imaginable, and does it without looking cluttered. Everything—even the unique carpet-covered seating platform—was designed to conquer the limits of space. The no-color scheme is soothing and sophisticated, and the practical indoor/outdoor carpeting that covers the seating surfaces, floor, and one wall serves to soften the sound level when lots is happening all at once.

The minute you step into this remarkable room, you can't help wanting to take part in the action. There's a piano cove for the musicians in your family, a compact—but complete—crafts center that features a fold-down, laminated-plastic-covered work surface, and plenty of storage space. Other ideas at this end of the room include a nifty bar that swivels out of sight when not in use, and even a small sink area—enlarged with mirrors—that contains built-in wine storage.

In the view opposite, you can see what this end of the room looks like when the crafts center/bar is closed. The carpeted wall provides a distinctive backdrop for contemporary prints. It's illuminated art-gallery style with a bath of indirect light. Adjustable tract lights on the ceiling add another interesting source of illumination to the area.

The seating platform is more than merely comfortable. Between two of the zippered, drip-dry cushions is a movie projector storage/audio control panel. When you're in the mood for a movie, simply lift the lid, lift out the projector, and start the reels rolling. Handy, too, is a pulldown screen on the wall fronting the projector. This neatly eliminates the clumsy procedure of setting up a screen.





IDEA ROOMS:

Ready to keep you happy at this end of the room are no less than 15 great ideas . . . one or all of which might be perfect for your family. Slide open the vertical Mylar blinds (they also turn at angles), then take your choice of the following: A complete sewing center with a fold-down table, and a niche for a dress form; to the right, lots of shelves, space for a TV set, and below, plenty of room for game storage. Farther to the right (shown in the picture below), is an all-in-one audio center—with special compartments for albums, tapes, stereo equipment, and a tape deck. Above the audio center you can see one of the speakers of the four-channel sound system that's spaced evenly around the room.

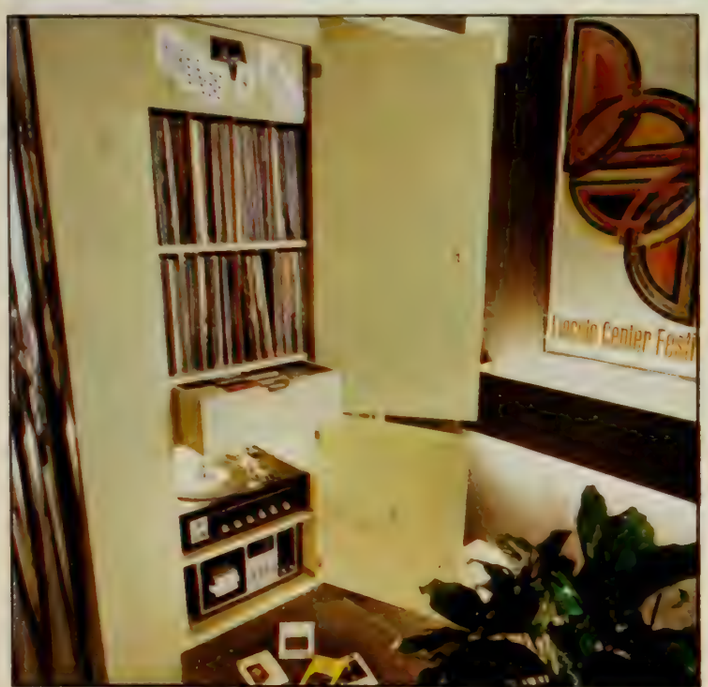
When not being used for dining or games, the card table is stored on the wall. To turn the table into an interesting wall hanging, we stenciled a graphic design on the surface. A special bracket that comes with the set of contemporary see-through chairs enables you to store them on the wall, too. That plastic mirrored cube sitting in front of the seating platform isn't just for decoration; it stores magazines inside.

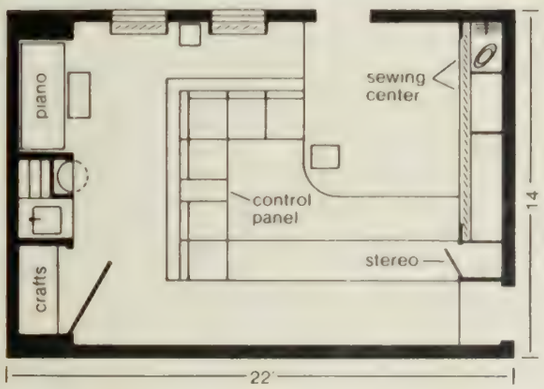
Everything in our built-in Idea Room has been engineered to convey permanence and everything-in-its-place organization. In short, the room is a "fixed" environment with a multiplicity of moods and functions.

Better Homes and Gardens Project Plans 4310-1,2,3
To order, see page 144.









Buying information, page 159.

IDEA ROOMS:

Would you rather buy than build? If so, here's an Idea Room designed with you in mind. It looks nothing at all like our other Idea Room, but its size (14 x 22 feet) and floor plan are exactly the same.

What we've done is stylize the setting by combining the coziness of early American with the simplicity of modern. It's a low-maintenance, high-performance kind of room—perfect for a family with children.

A freestanding fireplace perched on a storage platform divides the room into two functional areas without destroying the feeling of space. A handsome oak-finished weaving loom occupies a prominent place in the room, and makes a unique conversation piece.

In the view below, you're looking from the seating area into the dining and "doing" area. In the other Idea Room, tables were stored or hidden when not in use, but here the table is permanently in place . . . always ready to be put to lots of uses. Behind the table is a matching modular wall unit that looks like a built-in because we constructed additional shelves around it. These house weaving material, stereo and movie equipment, records, beverages, glassware, games, and books. The unit is more flexible than its built-in storage counterparts because it's not customized to hold specific items.

Get a load of that gigantic green bulletin board! It's made of fabric pasted over a board, and it offers the perfect place to display your children's latest artistic creations. And if you get tired of the green scheme, you can simply paste up a different color cloth.

No matter what kind of pastime you pursue at this end of the room, it's doubtful you'll harm the floor. It's covered with resilient, no-wax sheet vinyl that's surprisingly easy to keep clean, even though it's white. The contemporary dart board hanging on the wall offers fun for family and friends, and makes a colorful wall hanging, too.



Photographs: Mike Dieter.









IDEA ROOMS:

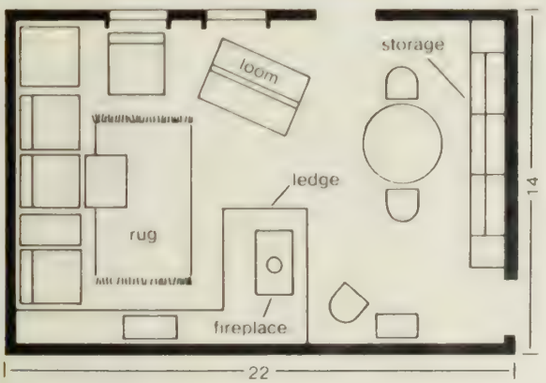
Here you're looking at the lounging area. It features individual seating modules that are deep and squashy, flexible and lightweight, and easy to care for because they're covered in wipe-off vinyl. These mobile modules go along with any arrangement you fancy, and they come in different colors. The walls embracing the lounging area have been sheathed with pine boards. We stained them in a light color for a contemporary barn siding effect, and for visual dynamics, we laid the boards diagonally instead of in the usual vertical fashion. Adding a mysterious dimension of space to the room are lightweight plastic mirrors placed above the paneling. They reflect the sky-blue ceiling and extend the clear-bulb light beam to infinity. The unusual bulbs provide atmospheric lighting because they're operated by dimmer control. The mirrors encompass two walls, and when you first walk into the room, they give the illusion of clerestory windows. (With children around, plastic mirrors are much safer than glass.)

The fireplace/storage deck is topped with earth-tone quarry tile. Cubicles underneath hold logs, colorful floor cushions, and magazines.

The way it's arranged, our furnished Idea Room could easily function as many rooms in one. It goes to show that you don't need an outsize house to enjoy lots of activities. All you need are good ideas for stretching the space you already have with flexible, functional furniture.




F LEGER


loom
storage
ledge
rug
fireplace
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Satellite Buffets

By Elizabeth D. Craster

Most everyone likes the ease and flexibility of buffet entertaining. Now here's how to make a good thing even better. Instead of centralizing everything in one area —say your sideboard or the dining table—divide the dinner in "satellite" sites and conquer a number of space and traffic problems. Once you've tried this system, you'll wonder why you ever settled for one groaning board. Of course we can't tell you where to put the components of the meal. You'll have to seek out (and test out) your own satellite groupings —perhaps a desk for appetizers or an end table for dessert. For starters, check the satellite sites shown here and adapt the ones best suited for your home. You'll also find some streamlined table decorations, plus serving tips to simplify your next buffet.

How-to, page 114.
Buying Guide, page 159.



Photographs: Hopkins



At left, the scene is set for a fabulous party with a separate table for the first course. For the back-to-nature centerpiece, simply fill crocks with wooden utensils and wheat. If you don't have a soup tureen, try the coal skuttle-big bowl combination. Metal mugs come in handy for crackers and napkins. Our table cover is an authentic quilt top lined with a queen-sized sheet banded with Turkey red fabric. Staccato casualware completes the appetizing setting.



To avoid a guest pileup at the beginning of the food service, try arranging china, silver, and beverage accessories separately. We used a narrow table behind a sofa. Our satellite centerpiece is an ingenious combination of pencil flashlights and mums in a silver bowl. And we've solved that slither-and-slide napkin problem. Our buffet-special napkin (sewed in green to match Mimosa pattern china) has a handy corner buttonhole for hooking over buttons or around belts.

There's plenty of room for a make-your-own salad bar if you utilize the counter space adjacent to the kitchen. An antique cheese-box holds leafy greens, flowerpots (lined with foil or transparent wrap) contain salad fixings, and fruit jars house a variety of tangy dressings. Miniature tavern-sign tags marked with the name of the dressing can be made in minutes with balsa wood and marking pens. Tags are great for gifts, too. Westbury pattern plates carry out the rustic theme.



Choose a dessert center that's visible and accessible—so it's easy for guests to sample a sweet at their leisure. We picked a side table next to a chair for easy serving. Be on the lookout for out-of-the-ordinary dessert servers. We chose a pasta holder that resembles a bin in a general store. Salad plates, these in Sprite pattern, work well for small desserts. Garden of goblets behind the bin is made with stemware in varying sizes, small plants, and tiny plastic acquarium bubbles. ■

forget entertaining

Try these easy get-togethers

If your life-style leans to the unhurried and relaxed—or if you'd like it to be that way—your "entertaining" is probably not entertaining in the traditional sense at all. To you, a good time is simply good company plus good food, not a spectacular production which suggests you've knocked yourself out in the kitchen. The food can be as casual as the get-together and still be one of the highlights of the gathering. You can start with a can, a box, or a package from the freezer. We think that kind of no-fuss, no-stress conviviality is great. And to make things even simpler, we've come up with some slick ideas of our own. They range from a buffet to a simple supper—and the common denominator is fun.

By Doris Eby
and Priscilla Hanson Kruse





Photographs: Lyon; Maselli

Brunch in a breeze

Weekend brunches are the answer to today's busy schedules. Choose a time that's late enough to give you a chance for last-minute preparation and everyone else time for morning chores or a rousing set of tennis.

Start out with a sunshine beverage called **Sunny Day Punch,** a happy blend of orange and lemonade concentrates with pineapple juice. To add spirit to the vitamins, pour in chilled champagne—gently to save all the bubbles. For an easy bit of elegance, freeze slices of oranges to float atop. They'll keep your punch chilled as well as make it pretty.

We've made several suggestions for fruit and bread, and recommend you try one or all. For ultra-ease, choose **Banana Bits.** Just offer diagonally sliced bananas and let guests dunk them in nutritious strawberry yogurt before rolling them in flaked coconut. Serve **Smoky Cheese Loaf** alongside—it's a tangy quick bread flecked with shredded cheddar cheese, hot pepper sauce, and bacon-flavored protein bits.

Cottage Cheese Muffins are small but mighty in flavor. Biscuit mix, cottage cheese, and lemon peel stir together in a hurry. Bake them anytime and freeze ahead if you like. Then just warm them up when it's time to serve.



Maybe you'd prefer a tray of pastries made from a package of refrigerator crescent rolls. Two different fillings compete for attention in **Delicious Danish** and both start with a can of liverwurst spread. Pick either lemon juice and garlic powder or Dijon-style mustard and celery seed to make up the fillings. Then for a color banquet, choose your favorite fruits and thread them on skewers.

For serving simplicity, make the entrée a combination of everyone's favorites—scrambled eggs, Canadian bacon, and mushrooms. But the flavor in **Mushroom Scramble** doesn't stop there. You add chives and worcestershire sauce to the eggs and surround it all with Canadian bacon. Tempting? You bet!

Dessert is a frosty, do-ahead addition. **Upside-down Sundaes** are all ready and waiting in your freezer. Place the peanut-coated ice cream balls atop sauce made from butterscotch pudding mix and peanut butter. Serve dessert topping alongside.

(Recipes begin on page 132.)





Invite friends over after the theater or game for a souper simple supper. It starts with rosé wine and ends with fruit, cheese, and your favorite dessert wine—port, tokay, or muscatel. But the big event is any one of a trio of creamy soups. They all begin with canned soups so they're a snap to stir together. Service is equally simple, with guests ladling out their own soup.

Shrimp 'n Rice Soup makes the most of two canned soups—chicken and rice and creamy shrimp. Your additions are diced celery, sour cream, and a can of shrimp. Maybe you'd prefer **Scandinavian Spring Vegetable Chowder.** It's cream of potato soup elevated to elegance with Danish-style frozen vegetables, while dillweed accents the vegetable flavor. Or, simmer together frozen stew vegetables, cubed ham, and split pea with ham soup for **Pea-potato Soup.**

For crunchy texture, serve **Bread and Butter Sticks.** Packaged biscuit mix, sugar, and milk are the only ingredients you need. These strips of biscuit dough are dipped in butter just before baking.
(Recipes begin on page 132.)

Souper Simple Supper



No-bother buffet

There's no need to set a formal table for this free-and-easy buffet. Your guests snack from any of the main entrées grouped together as a focal point, then move along to sample the other courses that are placed wherever it's convenient.

Horseradish Rolls are practically homemade, but much easier than Mother's. Cottage cheese and prepared horseradish are added to a package of hot roll mix. Before baking, you brush the rolls with additional horseradish mixture.

The vegetables are simple, too, because they come from the freezer. We placed green beans and Mexicali corn side by side for a colorful contrast that whets

Buying information, page 159.







anyone's appetite.

Offer your guests a choice of entrées. They're sure to sample some of each when faced with a selection as delicious as these three crowd-pleasers.

Chili Cheese Festivity is a medley of some favorite convenience foods: chili seasoning mix, tomato soup, and corn chips. Add monterey jack cheese and ground beef and you have a winner. Before garnishing with red and green chilies, spread sour cream atop and sprinkle with some cheddar cheese.

A prearranged platter that goes to the table straight from the refrigerator avoids last-minute complications in the kitchen. Marinate thin slices of roast beef, fresh mushrooms, and Bermuda onion rings in a mixture of salad oil, vinegar, Dijon mustard, marjoram, and chervil. Chill **Beef and Mushroom Party Platter** overnight and it's ready to serve when your friends are ready to eat.

Koulibiak is a Russian dish traditionally made with salmon wrapped in puff pastry. But there's nothing traditional about this easy way to prepare it. Roll out defrosted frozen patty shells and fill them with a mixture of salmon, mushrooms, carrots, dill, lemon juice, and sour cream. Seal the pastry and decorate with pastry trimmings. After it's baked to a beautiful golden brown, serve a **Lemon Green Onion Sauce** of chicken broth accented with dillweed and lemon juice alongside.

Wine and a vegetable relish tray are unbeatable hostess helpers. Make pyramids of radishes, carrots, or whatever you have on hand. We've stacked them in clear acrylic plastic candle holders for a conversation-piece display. Serve rosé or burgundy wine and avoid the time-consuming job of mixing drinks.

You can make a tempting chocolate-filled cheesecake in less than 30 minutes. **Chocolate-layered Cheesecake** starts with cheesecake mix. Add softened cream cheese, a little cocoa powder, plus a bit of abracadabra and you have a chocolate layer inside. Chocolate curls and cracker crumbs complete the dessert a la easy. Serve **Cardamom Coffee** for the finale. No one will know it started from instant coffee.

(Recipes begin on page 132.)







Kitchen-shelf dinner

Ever have a spur-of-the-moment urge to get together with friends? Give in to it! You can call up friends at four or when you leave the office for home. Dinner is no big deal. You can fix it from food staples you keep on your shelves. Be sure friends are the type who make themselves at home. Everyone will be needed to pitch in and set the table or stir up a package of corn muffin mix.

Green Beans Moussaka is a quickie casserole that you make with convenient canned green beans. Season the ground beef layer with tomato sauce, garlic salt, and cinnamon before fixing the double cheese topping of cottage and parmes cheeses. After it's baked, garnish it th Greek way with slices of black ripe

Or try **Jiffy Jambalaya**, a low-cost, speedy supper that really is ready in a jiff. Add convenient frozen chopped onions and green peppers, a variety o spices, and packaged precooked rice. about 25 minutes, all is ready to serve

Smoky Potato Bake is so simple to you'll hardly realize you've just prepa





dinner for four. Dice an apple and add it to a potatoes au gratin mix. Arrange sausage links spoke-style on top, then bake and enjoy a crusty, cheesy dinner.

To end any of the dinners as easily as they started, serve **Pert'n Pretty Parfaits.** Simply sandwich a mixture of instant vanilla pudding and sour cream between lemon-sparked raspberry pie filling. You can prepare the parfaits while dinner bakes—they chill as you dine.

(Recipes begin on page 132.)

A little early for Christmas?

Not really! Readers bombard us with letters every year asking for an opportunity to make decorations early. So we scouted around for something special and came up with this Better Homes and Gardens Christr ornament kit which offers a slew of handsome baubles to make in the St. Nick of time. What you see is just a small sampling. Each kit contains 60 ornaments to punch out and decorate—30 molded metal designs (you have a choice of silver or gold) and 30 plastic shapes that when painted resemble glowing stained glass. You'll find everything you need to turn each piece into a work of art: paints, stain, brush, glue, cord, and booklet. There's still plenty of leeway for creativity: pair the ornaments in stunning 3-D combinations, use them for gifts or to decorate a youngster's room.

For how to use kit, turn to page 166.
To order your kit, turn to page 166.





By Rhoda Billsten



Patterns

new fall and winter clothes for kids — distinctive but easy

We have something special for you in children's clothes—our brand-new European pattern collection for winter. These fashions from Burda Patterns of Germany are available only to readers of Better Homes and Gardens. Once you've made outfits for your own family, you'll want to stitch up more for very special Christmas gifts.

Above: If your youngster is learning to ski or just loves to play outdoors, this outfit is made to order. The practical one-piece design is sleek and warm, and fits small boys and girls alike. We sewed our attractive snowsuits in lightweight, moisture-resistant quilted fabric, with snug nylon ribbing at the collars and cuffs. *Pattern 01269:* available in sizes 2, 4, 6.

Photographs: Beege, Burda Moden





ere's a European-styled suit th Old World charm and odern comfort. The Chanel-spired jacket features various cklines, a center front zipper, d an assortment of flaps and ckets. The suspendered skirt comes both plain and with a center front pleat. Our suit was sewn in a calico print and a forest green acrylic trimmed with rickrack and peasant-style braid. *Pattern 01266:* available in sizes 6, 8, 10.

This season, sew your daughter a special coat for cold days ahead. Our beautifully shaped A-line style has a seamed waistline and a wide notched collar. The version at the left is a combination of warm red wool and white pile fabric, accented by bands of braided trim and buttons.
Pattern 01263: available in sizes 6, 8, 10.

For back views see page 130
To order patterns see page





Holidays call for a gala dress, and this gracefully pleated style is just that. You can sew it in many types of beautiful fabrics. Make it trim and tailored like our soft red blend, or fairy-princess style like our dainty dotted swiss version. Both dresses shown have a pleated front, dropped waistline, and self-belt.
Pattern 01260: available in sizes 2, 4, 6.

Campbell's Chicken Noodle Soup.

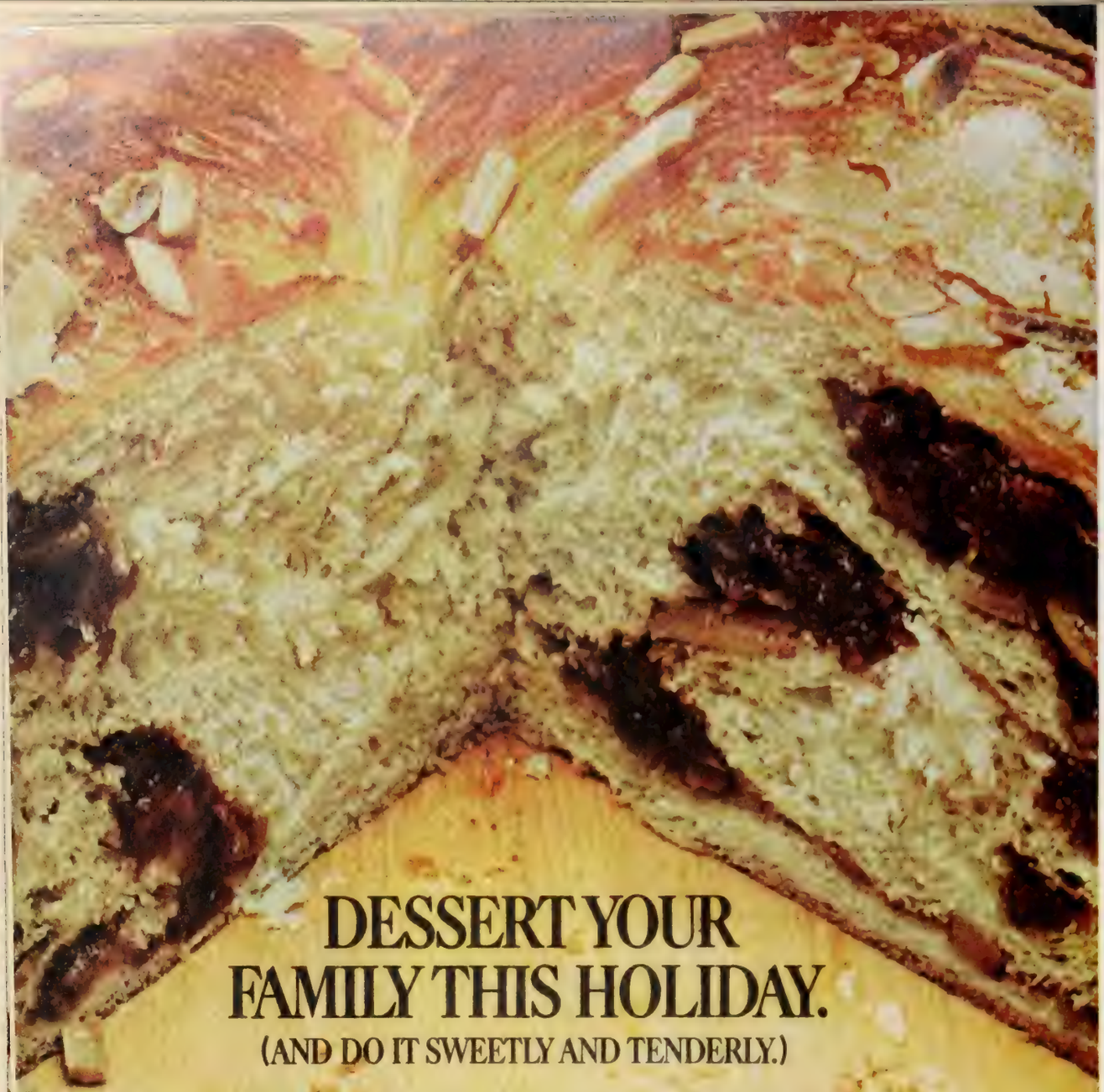
You know how good it's going to taste before you even lift the spoon.





Just looking at a steaming bowl of Campbell's Chicken Noodle Soup makes you feel hungry. Hungry for those tender pieces of chicken, those golden egg noodles, the richness and flavor of two chicken stocks. Share Campbell's Chicken Noodle or Chicken Vegetable or Chicken 'n Dumplings Soup today with someone you love. Before you even lift the spoon, you know how good they're going to taste

M'm! M'm! Good!



DESSERT YOUR FAMILY THIS HOLIDAY.

(AND DO IT SWEETLY AND TENDERLY.)

A dessert is a great way to show your family just how much you care. Especially if it's a homebaked cake made with Fleischmann's® Yeast and Dromedary® Dates. They're two traditional favorites that can make this holiday light, sweet and delicious.

For mouthwatering results try a festive cake like this one. Then stick around and reap the rewards.

Holiday Cake

Scald ⅓ c. milk; stir in 3 tbsp. sugar, ¾ tsp. salt and 3 tbsp. margarine. Cool to lukewarm.

Sprinkle 1 package Fleischmann's Active Dry Yeast into ⅓ c. warm water (105° F.-115° F.) in warm bowl. Stir until dissolved. Add milk mixture, 2 eggs and 1½ c. unsifted flour; beat smooth. Add enough additional flour (about ¾ to 1¼ c.) to make a very stiff batter.

Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hr.

Melt ¼ c. margarine. Add 1 package (8 oz.) Dromedary Pitted Dates, snipped, and 1 c. slivered almonds, ¼ c. milk, 3 tbsp. honey and 2 tsp. cinnamon.

Stir batter down. Turn out onto floured board. Roll out to a 12 x 15-inch rectangle. Spread with date mixture to within 1-inch of edges. Roll up from long side as for jelly roll; seal edges.

Place, seam side down, in a greased 9-inch springform pan. Shape in a ring. Seal ends. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour.

Beat 1 egg; brush on dough. Sprinkle with 2 tbsp. sugar and ¼ c. slivered almonds. Bake at 350° 35 to 40 mins., or until done. Remove from pan and cool on wire rack. Makes 1 cake.

This season bake someone happy with Fleischmann's Yeast and Dromedary Dates for home style goodness.





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Fall clean for summ gear

Fall is an ideal time to s summer equipment, fro cue grills to power mow if you live in a climat outdoor gear gets year-r a fall cleanup is a good cause it will remove rus and other signs of deter

Barbecue equipment

Faithfully cleaning you cue grill after each use always prevent stubbor An extra-thorough clea sion will give it a fresh s

Dip paper towels in a tergent/water mixture, swathe towels on grill other soiled areas. So equipment for an hour re-moistening the towe sionally. After the co spatters have had time t finish the cleanup with type scouring pads or powder. Wash, rinse, thoroughly.

Barbecue tools and coffeepots respond to t cleanup methods.

Garden tools

To protect your inves garden equipment, take a complete service job in Cleanup and other mai duties are essential if y tools over the winter they're not in use, they'r to rust and corrosion.

Use the following che a fall-care guide:

- Scrape mud, grass other residue from all ha Clean metal parts with brush and remove rust s an abrasive cleaner. R cating oil on metal surf fore storing tools.
- Clean all parts of you with water. Flush the tank thoroughly and let the sun. Remove dust from the duster with a s On the movable parts, lubricant recommended manufacturer.
- Remove leftover fert seeds from your spread wash the hopper with a j ter. Let equipment dry in Oil all moving parts.
- If you put your hose the winter, clean it up fir exterior with sudsy wa drain interior. Store ind of sun to prevent deter Wrap hose on its reel, neatly before storing.

nove all gasoline from the mower. Turn on engine n until gas supply is gone he carburetor.

connect lead wire from plug, then hose down un- e of mower. Scrape off any ing grass clippings.

ck the spark plug and air and follow the manufac- suggestions for replace- or cleanup. Your owner's l is the best source for oil- ections, too.

tly sand rust spots on your cart. Wash cart with water, rinse, let dry.

e all chemical containers, ean, then destroy cleaning Label each container and n a high shelf or in a cabinet—out of the reach dren and pets. Close and alf-used bags of fertilizer. in a dry corner of your nt or garage.

all plant stakes that won't ed during the winter . Wash clean. Tie together them organized.

furniture

gh today's garden furni- designed to resist the ele- some care is needed to looking new.

popular vinyl-upholstered s live up to their easy-care ion. A quick wipe weekly damp cloth will prevent umulations. But if you've n to do this during the r months, now's the time care of any soil build-up. horoughly with soap and or use ammonia in water. d household cleaner, di- nd used according to bot- ctions, will do the job in a oo.

hine-wash removable can- ers. To prevent shrinkage, m back on furniture be- y dry completely.

iture frames made of m respond to cleaning mixture of ammonia and Outdoor wax (such as car eeps aluminum in good n. Use steel wool pads to scratches.

up wrought-iron furni- ith an ammonia wash. n rust spots with steel When necessary, revive e with a metal prime en new outdoor enamel. and water is the best ation for most wooden e. After several seasons wooden furniture may new coat of clear varnish. vood items, re-stain, then if you wish. Or, leave edwood unfinished to naturally. Unstained an be cleaned up with ater. ■

This demonstration recreates the powerful cleaning ability of Sears Lady Kenmore Dishwasher (Certified by the Nationwide Consumer Testing Institute).



Sears Lady Kenmore. The do-it-itself dishwasher.

No scraping. No pre-rinsing.

Lady Kenmore has 6 powerful hot water jets for the bottom rack, surging hot water with enough force to scrub every dish, pot and pan *really* clean. Even baked-on food comes off.

And the dishes on top get as clean as those on the bottom. Because every cup and glass is scoured inside and out by a field of eight upper jets.



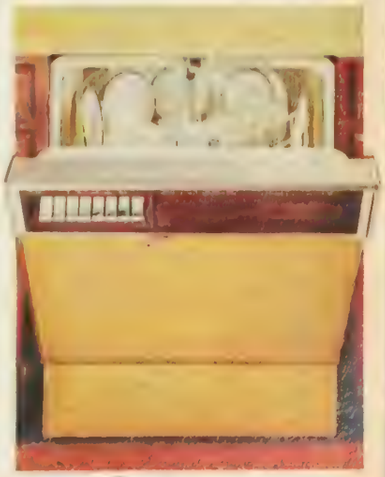
Then there's Lady Kenmore's protected pulverizer for leftovers. It's kind of a mini-grinder with 12 stainless steel teeth that grind soft foods into tiny particles that wash right down the drain. (Of course, water is always fresh and clean—the water that rinses your dishes hasn't washed them.)

And our 8 *different* cycles include Sani-wash, which gives your dishes an extra-hot 155° final rinse. So everything is hygienically clean.

What's more, Sears Lady Kenmore is built to perform. But if you ever do have a problem, you can rely on Sears service.

Sears Lady Kenmore does just about everything, itself. So you really do have freedom from scraping and pre-rinsing. That's why we call it The Freedom Maker. The Freedom Maker, both built-in and portable, is available at Sears, Roebuck and Co. stores and through the catalog.

Sears



The Freedom Maker

BIRDS EYE INTRODUCES THE ROMANTIC HAMBURGER.



MORE INTERNATIONAL DINNER RECIPES.

LUAU HAMBURGER. *3/4 lb. ground beef • 2 teaspoons cornstarch • 3/4 cup water • 2 tablespoons catsup • 1 package (10 oz.) Birds Eye® Hawaiian Style Vegetables with Pineapple with a Seasoned Sauce*

Brown beef well in skillet, leaving meat in large chunks. Blend cornstarch with water and catsup. Add to skillet with vegetables. Bring to full boil over medium heat, separating vegetables with fork, stirring until sauce cubes are blended. Reduce heat; cover and simmer 3 minutes. Makes 3 servings.



SAUTÉED TUNA, JAPANESE STYLE. *1 can (7 oz.) tuna, drained and broken in chunks • 1 tablespoon salad oil • 2 tablespoons water • 1 package (10 oz.) Birds Eye® Japanese Style Vegetables with a Seasoned Sauce*

Sauté tuna chunks lightly in oil in skillet. Add water and vegetables. Bring to full boil over medium heat, separating vegetables with a fork, stirring until sauce cubes are blended. Reduce heat; cover and simmer 3 minutes. Serve with hot rice. Makes 3 servings.



BEEF BAVARIAN. *3/4 lb. ground beef • 1 teaspoon cornstarch • 1/2 cup water • 1 can (4 oz.) sliced mushrooms, drained • 1 tablespoon steak sauce • 1 package (10 oz.) Birds Eye® Bavarian Style Beans and Spaetzle with a Seasoned Sauce*

Brown beef well in skillet, leaving meat in large chunks. Blend cornstarch with water. Add to skillet with remaining ingredients. Bring to full boil over medium heat, separating vegetables with fork, stirring until sauce cubes are blended. Reduce heat; cover and simmer 3 minutes. Makes 3 servings.



FRANKFURTERS ALOHA. *6 frankfurters, cut into 1-inch pieces • 2 tablespoons butter or margarine • 3 tablespoons water • 1 package (10 oz.) Birds Eye® Hawaiian Style Vegetables with Pineapple with a Seasoned Sauce*

Brown frankfurters in butter in skillet. Add water and vegetables. Bring to a full boil over medium heat, separating vegetables with fork, stirring until sauce cubes are blended. Reduce heat; cover and simmer 3 minutes. Makes 3 servings.



Now you can turn your humble hamburger into a romantic Italian dinner with Birds Eye® Italian Style Vegetables.

Once your man gets a taste of Italy, you'll want to go further, Japan, Bavaria, Hawaii, the world.

Create more international dinners with other meat, chicken and fish.

The recipes are easy for you to make, the results are hard for your man to resist.

SKILLET BEEF ITALIANO. 1 package (10 oz.) Birds Eye® Italian Style Vegetables • 3/4 lb. ground beef • 1 can (8 oz.) spaghetti sauce • 1/2 cup water • 1/8 teaspoon oregano

Brown ground beef in skillet, leaving meat in large chunks. Add spaghetti sauce, water, and oregano. Add vegetables. Bring to a full boil; separate vegetables and stir until sauce cubes are blended. Reduce heat; cover and simmer 3 minutes. Makes 3 servings. *SEE COLUMN ON THIS PAGE FOR MORE RECIPES*



WITH OUR VEGETABLES AND YOUR HAMBURGER WE CAN MAKE BEAUTIFUL DINNERS TOGETHER



Buying information, page 159

FILE UNDER BREADS

PANCAKES

Cheese-filled Dessert Pancake

First prize goes to a lemon- and nutmeg-sparked dessert pancake—

1 cup all-purpose flour
2 tablespoons sugar
1 teaspoon baking powder
1½ cups milk
2 beaten eggs
2 tablespoons cooking oil
1 recipe Custard Sauce
1 recipe Cheese Filling

Combine flour, sugar, baking powder, and ½ teaspoon salt; stir in milk, eggs, and oil. For each pancake, pour ¼ cup batter into greased skillet; bake on one side. Wrap in foil. To serve, heat pancakes in 350° oven 20 minutes. Stack, spreading ¼ cup Cheese Filling on each. Cut in wedges. Pass Custard Sauce. Makes 6 servings. *Custard Sauce:* Combine 1½ cups milk, 2 beaten eggs, ¼ cup sugar, and dash salt. Cook and stir till mixture coats a spoon. Add 1 teaspoon vanilla. *Cheese Filling:* Combine ½ cup of the Custard Sauce, 2 cups cottage cheese, ½ cup raisins, 2 tablespoons honey, ½ teaspoon grated lemon peel, and ⅛ teaspoon ground nutmeg; heat.

Mrs. Endora Eberly, Newmanstown, Pa.

Cut along dotted line



Photographs: Dieter

FILE UNDER SOUPS

CHOWDERS

Asparagus and Leek Chowder

A fresh-tasting vegetable combination wins first place—

3 cups (8 ounces) sliced mushrooms
3 large leeks, sliced
1 10-ounce package frozen cut asparagus, thawed
6 tablespoons butter or margarine
3 tablespoons all-purpose flour
½ teaspoon salt
Dash pepper
2 cups chicken broth
2 cups light cream
1 12-ounce can white whole kernel corn
1 tablespoon chopped pimiento
Dash crushed saffron

In large saucepan, cook mushrooms, leeks, and asparagus in butter or margarine till tender but not browned, about 10 minutes. Stir in flour, salt, and pepper. Add chicken broth and light cream to vegetable mixture; cook and stir till mixture is thickened and bubbly. Stir in the white whole kernel corn, chopped pimiento, and crushed saffron. Heat through but do not boil. Season with additional salt and pepper, if desired. Makes 6 to 8 servings.

Lynne Michelle Scott Ladd, Falls Church, Va.



PRIZE TESTED RECIPES ADD TO YOUR COOK BOOK

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Quick Fish Chowder

3 slices bacon
4 cups (16 ounces) frozen fried hash brown potatoes
½ cup (3 ounces) frozen chopped onion
1 can condensed cream of shrimp soup
1 16-ounce package frozen fish fillets, skinned and diced
3 cups milk
¼ cup snipped parsley
1 teaspoon salt
¼ teaspoon dried thyme, crushed

Cook bacon till crisp; drain, reserving drippings. Crumble and set aside. Combine drippings, potatoes, onion, and 1 cup water. Cover and cook till vegetables are tender, about 10 minutes. Blend in soup. Add fish; cook till fish flakes, about 15 minutes. Add milk, parsley, salt, and thyme; heat through. To serve, sprinkle with crumbled bacon, paprika, and a pat of butter or margarine, if desired. Makes 8 servings.

Mrs. R. B. Whitman, St. Simons Island, Ga.



Swiss Broccoli Chowder

Starts with a homemade broth—
1 meaty ham bone (1 pound)
1 10-ounce package frozen cut broccoli
1 cup milk
1 cup light cream
1 cup (4 ounces) shredded process Swiss cheese
2 tablespoons all-purpose flour
¼ cup water
Dash pepper

Cook ham bone in enough water to cover till meat comes off bone easily, 1 to 1½ hours. Reserve 1½ cups broth; skim off fat. Cut meat from bone and dice; set aside. In 3-quart saucepan, combine broccoli and reserved broth; cover and cook till tender, about 5 to 8 minutes. Add milk, cream, and cheese. Combine flour and the ¼ cup water; add to chowder. Cook and stir till thickened and bubbly. Season with pepper. Makes 6 servings.

Madelyn Miller, San Antonio, Tex.



Vita Pancakes

Complement the nutty flavor with a quick-to-make orange syrup—
1 cup all-purpose flour
2 teaspoons baking powder
1 teaspoon sugar
¼ teaspoon salt
¼ cup whole bran cereal
2 tablespoons wheat germ
1 egg yolk
1 cup orange juice
2 tablespoons cooking oil
1 stiff-beaten egg white

Thoroughly stir together flour, baking powder, sugar, and salt; stir in bran cereal and wheat germ. Beat together egg yolk, orange juice, and cooking oil. Stir into dry ingredients just till moistened. Fold in stiff-beaten egg white. Bake on lightly greased, hot griddle, turning once. Serve with butter or margarine and *Orange Syrup:* Blend together ⅔ cup orange marmalade and ⅓ cup maple-flavored syrup. Makes eight 4-inch pancakes.

Mrs. Doug Shaffer, Middletown, N.Y.



Super Pancake Platter

Made from a pancake mix—
1 cup packaged pancake mix
2 tablespoons butter or margarine
1 8¼-ounce can pineapple slices, drained, halved, and browned
5 slices Canadian bacon, browned
Maple-flavored syrup

Prepare pancake mix according to package directions; set aside. In 10-inch skillet, melt butter or margarine; remove from heat. Arrange pineapple slices and bacon slices in bottom of skillet. Pour pancake batter carefully over pineapple and bacon. Cook, covered, over low heat 15 to 18 minutes or till pancake is done. (Top will not be brown.) Loosen edges; invert onto warm platter. Cut into wedges to serve. Serve with warm maple-flavored syrup. Makes 4 servings.

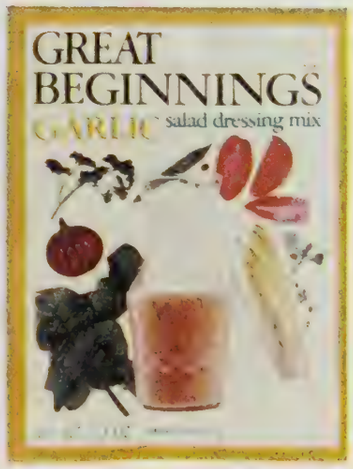
Angela Ivanovic, Monroeville, Pa.

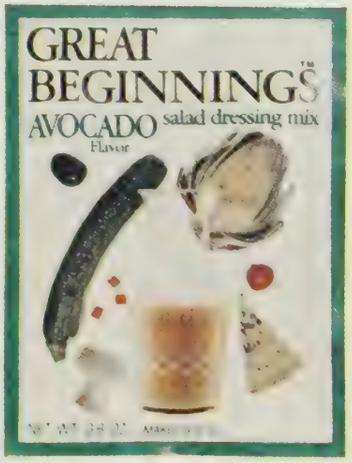
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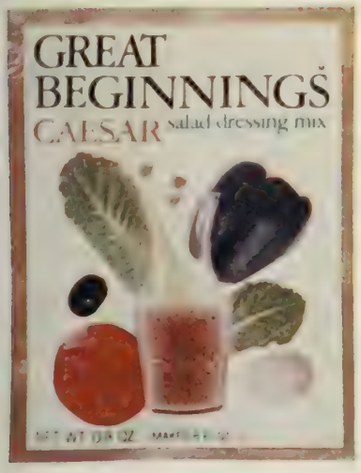
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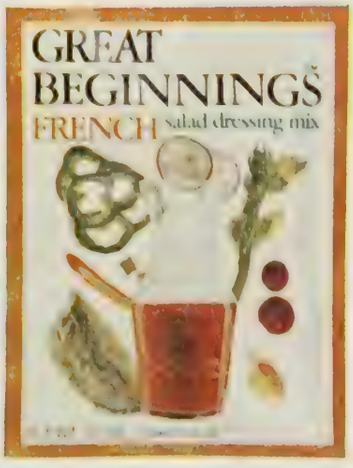












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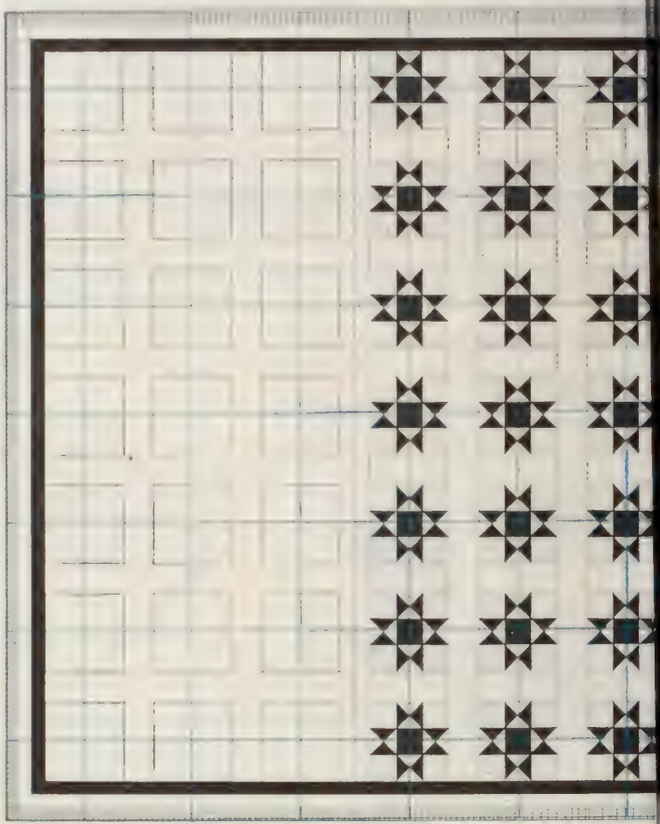
Satellite buffets

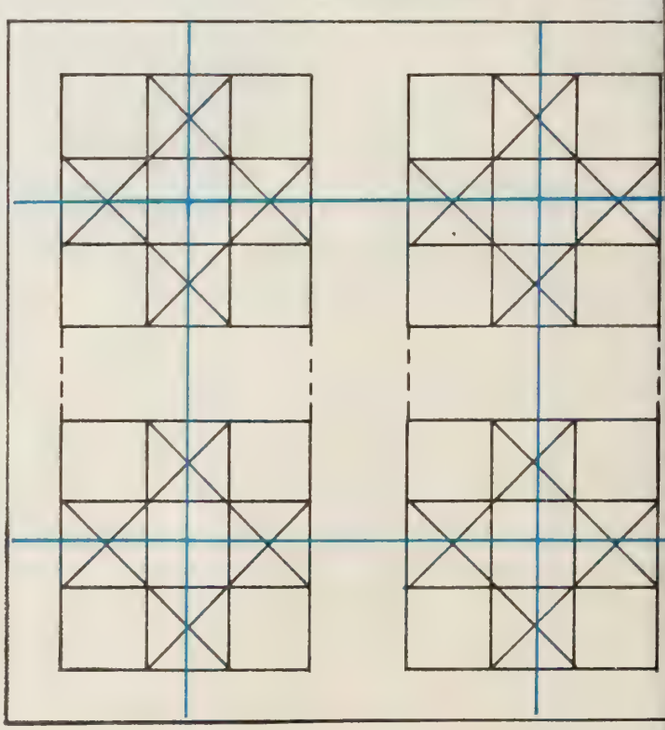
Patchwork table cover: page 92

Materials: white cotton strips—3½ yards of 35-inch fabric or 2¾ yards of 45-inch fabric; cotton print (includes triangles, squares, and border strip)—3¼ yards of 35-inch fabric or 2¼ yards of 45-inch fabric; blue fabric (includes tri squares, and border stri yards of 35-inch fabric o yards of 45-inch fabric; so border—¾ yard of 35-inc ric or ½ yard of 45-inch 1 full-size white sheet. C size: 80½ x 93 inches. S ¼ inch.

1. Cut sheet for backing t

continued





print white blue red 9 inches

General Electric Ranges with P-7® self-cleaning ovens are made for people who love to cook, but hate to clean.





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Why bend over to see what's doing? Model J785 has an eye-level oven with a shiny picture window. When it's time to clean it, just put the removable panels in the P-7 Oven down below.



The wall oven Model JK19R

The eye-level oven Model J785

The Microwave Cooking Center

The wall oven

If you're looking for a new oven only, how about GE Model JK19R? To help you cook good things, it has a rotisserie and automatic meat thermometer, and, of course, the oven is self-cleaning.

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fabric to open up buttonhole. Use machine to buttonhole-stitch around openings.



Fruit Jar Tags: page 93
Using household scissors, cut sheet of ⅛-inch balsa wood 2 inches x 3¼ inches. Cut curve around top of wood according to pattern. Decorate with brown permanent felt-tip pen to simulate wood burning. Punch hole in center top, insert small key chain, and attach chain to jar handle.

Headboard spice rack: page 93
You can make a discarded headboard useful again by putting it to work in your kitchen. Most headboards are wide enough to accommodate all the spices you'll ever need. We attached three racks to the lower edge of this headboard.

A clear matte protective coating makes the board easy to clean. Our bright ceramic sun adds decorative flavor. You might want to use the space for displaying needlework or a favorite art object.

Ceramic tile vases: page 93
Rough-textured ceramic drainage tiles in natural earth tones are just the right containers to complement your collection of dried autumn leaves and flowers.

Drainage tiles are inexpensive and readily available from plumbing supply or construction companies. You might want to get a number of tiles so you experiment with different shapes and sizes.

We used a carbide saw to cut our tiles. A chisel, used carefully, works just as well.

continued

Satellite buffets

93½ inches; five vertical strips of white cotton 4x87 inches; 36 horizontal strips of white cotton 4x10 inches; and 42 patchwork blocks arranged 6 wide and 7 long each 9x9 inches (finished).

2. For *each* block cut: 4 print squares 3½x3½ inches; and 1 blue square for center 3½x2¼ x2¼ inches.

3. Border strips: blue requires two 2x72-inch strips and two 2x84½-inch strips, print requires two 2x75-inch strips and two 2 x90½-inch strips, and red requires two 3½x78-inch strips and two 3½x93½-inch strips. If necessary, seam fabric to make the proper length.

4. To make each block, stitch four print triangles to sides of blue center square. Stitch two adjacent blue triangles to each print square. Right sides together, pin blue triangles on each square to print triangles on each side of center square. Stitch. Sew the four remaining print triangles to blue triangles to complete the block. Press.

5. Sew seven blocks to 4x10-inch white strips from top to bottom, alternating blocks with fabric strips. You will now have six long strips. Join these strips by stitching them to the five white 4x87-inch vertical strips.

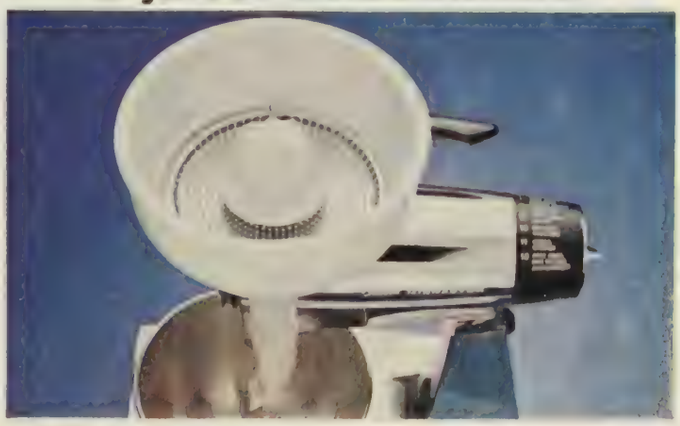
6. Pin on blue border strips, forming butt corners, and stitch. Repeat for print border strip. Baste sheet to patchwork top along outer edges. Press under ¼ inch on the long sides of each red strip. Enclose edges of table cover with strips as you would bind a blanket, stitching close to edges. Slip-stitch corners.

Lighted Centerpiece: page 93
Fill bowl with florist's Styrofoam. Tape matchsticks to sides of five penlights. Scatter the penlights among flowers by inserting matchsticks into foam.

Buttonhole Napkin: page 93
Cut two pieces of fabric 17 inches square. In one square, cut a 2¾-inch diagonal buttonhole, 4½ inches from top left corner. Pin squares right sides together and machine-stitch all four sides (¼-inch seam allowance). Turn napkin by pulling back through the buttonhole slash. Press.

Cut through second layer of

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Luscious layers of chocolate

You can make delicious layers of dessert with any of these five basic categories of chocolate: unsweetened, sweetened, semisweet, milk chocolate, and cocoa. Store all types in a cool, dry place at a temperature less than 75°. At higher temperatures, the cocoa butter present in all chocolate will melt somewhat and rise to the surface. After the cocoa butter cools down again, a grayish coating or "bloom" is left on the surface. While this doesn't spoil the chocolate, it does detract from its looks.

Now show off your chocolate know-how with one of these spectacular desserts. Your family will love being treated to America's favorite flavor.

VIENNESE TORTE

Here's a convenient do-ahead worthy of the most elegant occasions—

1 6-ounce package (1 cup) semisweet chocolate pieces
½ cup butter or margarine
¼ cup water
4 slightly beaten egg yolks
2 tablespoons powdered sugar
1 teaspoon vanilla
1 frozen loaf pound cake



In heavy saucepan, heat together chocolate pieces, butter or margarine, and the water over medium heat. Stir till blended; cool slightly. Add egg yolks, powdered sugar, and vanilla; stir till smooth. Chill till mixture is of spreading consistency, about 45 minutes. Slice cake horizontally in 6 layers. Spread about 2 tablespoons chocolate between each layer, then frost top and sides with remaining chocolate. Chill at least 45 minutes before serving. To serve, cut cake in ¼-inch-thick slices.

Photographs: Dieter



Buying information, page 159

CHOCOLATE COCONUT CRUNCH PARFAITS

Creme de cacao glamorizes the chocolate pudding layer—

1 4¼- or 4½-ounce package *instant* chocolate pudding mix
1¾ cups milk
¼ cup creme de cacao
⅓ cup all-purpose flour
¼ cup flaked coconut
2 tablespoons brown sugar
2 tablespoons butter or margarine, melted
Frozen whipped dessert topping, thawed

Prepare pudding mix according to package directions, using the 1¾ cups milk and the ¼ cup creme de cacao. Chill. Meanwhile, blend together flour, coconut, brown sugar, and butter or margarine. Crumble into shallow baking pan. Bake in 350° oven for 10 to 12 minutes, stirring often. Cool. Alternately layer crumbs and pudding in parfait glasses. Chill 1 to 2 hours. Top with a dollop of dessert topping. Makes 4 servings.

Boys' and girls' clothes: how can you tell what fits?

Two new voluntary standards would help. Like the ones already established for infants' and children's apparel, these new standards are designed to eliminate confusion about clothes sizes for young men (students) and for girls.

The standards were developed by producers, distributors, and users with the cooperation of the National Bureau of Standards of the U.S. Department of Commerce to set nationally recognized size categories and size designations that are based on standard body measurements for young men and for girls. This will enable you to associate body types and measurements with standard sizes and obtain the best fit, regardless of type or style of the garment, price or quality, manufacturer or seller.

What are the young-man standards?

These apply to clothing for young men who have reached most of their adult height, but not adult width. Size designations are for three categories: "Regulars," "Longs," and "Shorts." There are 11 size numbers denoting chest girth from 32 to 42, and based on measurements of stature, chest girth, and waist girth.

What about girls?

The standards for the sizing of girls' apparel cover three size classifications: "Slims," "Regulars," and "Chubbies." There are seven size designations: 7, 8, 10, 12, 14, and 16. Measurements were developed from a survey of girls from ages five to 14. These are body measurements, not garment measurements, and the sizes are based on measurements, not ages.

How can you tell from the labels?

Garments which conform to these new standards may be labeled, "Sized in accordance with Voluntary Product Standard PS 54-72, 'Body Measurements for the sizing of Girls' Apparel,' or PS 45-71, 'Body Measurements for the sizing of Apparel for Young Men (Students)' " and followed by the name and address of the producer or distributor. You can be assured that garments with such labels conform to Voluntary Product Standards for sizing and will be accurately sized in accordance with specific body measurements. ■



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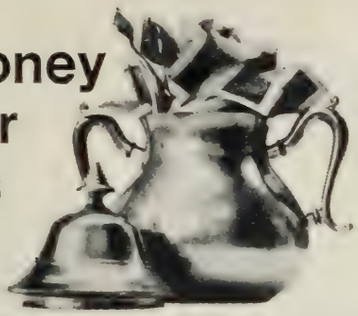
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Strawberry Desserts—Easy Chicken Main Dishes

If you treat your dinner guests to a spectacular strawberry dessert that tastes as fantastic as it looks? Or maybe you have a great but easy chicken main dish to share. Send your recipe today in either or both categories and you could be a prizewinner next month. Two Cooks-of-the-Month receive $50 each. Four Runners-up receive $25 each and 12 Honor Roll winners get $10 each. The selected winning recipes will be pictured on the Prize Tested Recipes pages next May. All 18 winners receive a framed Better Homes and Gardens Certificate of Endorsement and six copies of the endorsed recipe.

Hints to Help You

Strawberry desserts can be flambéed or frozen. Fix up a cake mix with strawberry preserves or whip. Be creative with strawberry ice cream or a fluffy meringue. Try fresh or frozen berries in a tart with some sour cream or whipped cream. Remember gelatin, too. Hints:

Strawberry chiffon soufflé
Strawberry mountain torte
Strawberries foster
Strawberry-cheese pie
Strawberry-lemonade bavarian

Easy chicken main dishes can please both family and guests. You might baste chicken with a fruit-flecked sauce. Or use cubed chicken with pasta, rice, or packaged seasonings. Or broil, roast, bake, or fry chicken with vegetables, herbs, and a convenient biscuit mix. Pointers:

honey-baked chicken
curried chicken wings
chicken-potato skillet
Oriental chicken balls
Swiss-rolled chicken breasts

THIS MONTH'S WINNERS

(See recipes on pages 111 and 112.)

Cooks-of-the-Month

Mrs. Endora Eberly, Newmanstown, Pa.
Lynne Michelle Scott Ladd, Falls Church, Va.

Runners-up

Angela Ivanovic, Monroeville, Pa.
Madelyn Miller, San Antonio, Tex.
Mrs. Doug Shaffer, Middletown, N.Y.
Mrs. R. B. Whitman, St. Simons Island, Ga.

Honor Roll

Mrs. Lester O. Beesley, North Highland, Calif.
Geraldine Broughman, Grand Blanc, Mich.
Drucilla Chupp, Goshen, Ind.
Mrs. Dolores Jantz, Vicksburg, Mich.
Mrs. D. P. Lenehan, Southern Pines, N. C.
Marylyn McGuinness, Irvine, Calif.
Mrs. B. C. Nelms, Danville, Ill.
Mrs. Betsy Pelton, Pullman, Wash.
Sami Sharkey, Petersburg, Va.
Mrs. Morris B. Smith, Jacksonville, Ill.
Elizabeth Sudmeier, Washington, D.C.
Mrs. James C. Worden, Oregon City, Ore.

Contest Rules

Write or type your recipe clearly on one side of the paper and mark it "May Strawberry Desserts" or "May Easy Chicken Main Dishes." If you wish, send a recipe for each of the two categories.
Print your full name and address in upper right corner of paper.
Give measurements in *level* cups, tablespoons, teaspoons.
Specify brand names of the *nationally* known food products you use in ingredients so we can test your recipe with the same brands.
Include 50 to 100 words about the origin of the recipe you submit.
Recipes submitted become property of Meredith Corporation.
Entries must be postmarked by midnight, October 31. In cases where duplicate recipes are submitted, the one with the earliest postmark will be judged. All judges' decisions will be final.
We reserve the right to adjust and edit winning recipes.
Address the recipes you enter to 7310 Test Kitchen, Better Homes and Gardens, Des Moines, Iowa 50336.

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**Eight-piece set with aluminum interiors pictured.*





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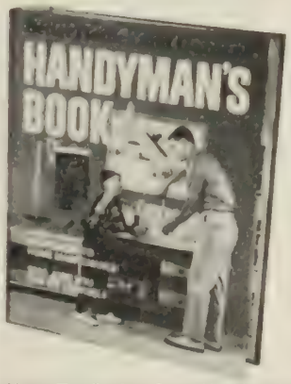
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Family Food Ideas advertisers in this issue of Better Homes and Gardens have made possible a special offer of two Better Homes and Gardens cook books.

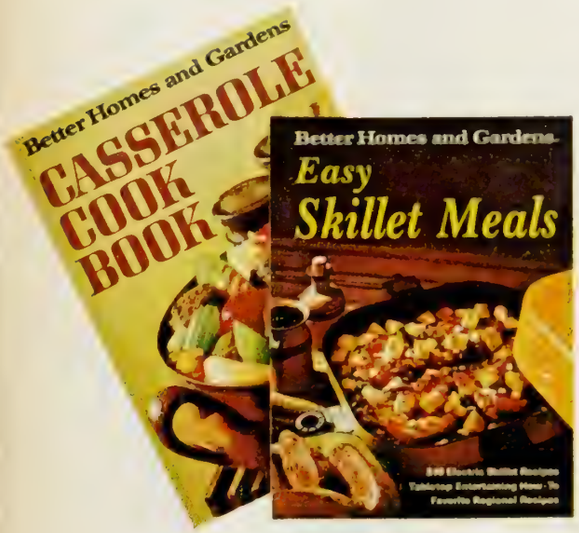
The Casserole Cook Book and Easy Skillet Meals book provide nearly 600 recipes. Most of the recipes are for everyday family cooking. Both books also offer recipes for entertaining, a section of quick recipes and charts, guides and tips of practical information.

Each book is hard bound with a washable cover. The casserole book retails at $3.95; the skillet book at $1.95. Family Food Ideas advertisers are offering you the two books at a total savings of $2.05 for simply sending proof of purchase of three products advertis this Family Food Ideas section.

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Dish Up A Meal



Fall meals—squeezed between summer fun foods and holiday cooking—can be interesting. Both the cooks interested in hearty, cost-cutting recipes and their families interested in "What's for dinner?" can be well served.

Most family cooks will find everything they need for big-appetite pleasing meals is already on the cupboard shelves. If there's some time to cook and a package of dry onion soup on hand, a filling and flavorful choice is Meatball Vegetable Bake. This one-dish meal is from the Better Homes and Gardens Casserole Cook Book.

MEATBALL VEGETABLE BAKE

1½ pounds ground beef
1 slightly beaten egg
1 cup soft bread crumbs
¼ cup milk
2 tablespoons dry onion soup mix
Dash pepper
2 tablespoons salad oil
1 1-pound can tomatoes
¼ cup cold water
2 tablespoons all-purpose flour
1 tablespoon beef-flavored gravy base
1½ cups carrots sliced lengthwise and cut in thirds
2 medium onions, quartered
1 cup bias-celery chunks

Thoroughly combine meat, egg, bread crumbs, milk, soup mix, and pepper. Shape into 8 to 10 meatballs. Brown lightly in hot oil in large skillet. Remove meatballs and drain off excess fat; add tomatoes. Blend water, flour, and gravy base; stir into tomatoes.

Cook till mixture thickens and bubbles. Add meatballs, carrots, onions, and celery. Cover; simmer 15 minutes. Pour into a 2-quart casserole. Cover; bake at 350 for 1 hour or till vegetables are tender. Serves 4 or 5.

— — —

When there's no time to spare, casseroles that start with convenience foods are a quick comeback to "What's for dinner?" With your standby package of macaroni and cheese and a can of tuna, you're set up for Quick Tuna Bake. The recipe is one of the Speedy Suppers from the casserole book.

QUICK TUNA BAKE

1 7¼-ounce package macaroni and cheese dinner
3 tablespoons butter, softened
1 8-ounce can (1 cup) tomatoes
½ cup milk
2 tablespoons instant minced onion
1 slightly beaten egg
1 6½- or 7-ounce can tuna, drained and flaked
2 tablespoons snipped parsley
¼ teaspoon salt
Dash pepper
2 tablespoons cornflake crumbs

Cook macaroni according to package directions; drain. Add cheese (from packaged dinner) and butter. Toss to mix. Break up tomatoes; add with remaining ingredients, except crumbs, to macaroni. Pour mixture into 1½-quart casserole. Sprinkle with crumbs. Bake uncovered in moderate oven (350°) about 45 minutes or till hot. Makes 4 or 5 servings.

— — —

Only the cook is interested in left-overs—until they reappear on the table. But only the cook will think of Sunday's ham when Swissed Vegetables on Toast appears. This Easy Skillet Meals recipe with subtle Swiss and cream cheese flavors will use the extra ham with no leftover stigma.

SWISSED VEGETABLES ON TOAST

2 16-ounce cans mixed vegetables
¼ cup all-purpose flour
1 3-ounce package cream cheese, cut in cubes
¼ cup milk
¼ teaspoon onion powder

* * *

2 cups fully cooked ham, cut in ½-inch cubes
½ cup shredded process Swiss cheese (2 ounces)
Toast points

— — —

In 10-inch skillet stir *undrained* mixed vegetables into flour. (Electric skillet 350°.) Add cream cheese, milk, and onion powder; cook and stir over medium heat till mixture is thickened and bubbly. Stir in cubed ham and shredded Swiss cheese; cook till cheese melts. Serve over toast points. Makes 6 servings.

— — —

Interesting one-dish meals have extra appeal when the cook gets a bonus of saved time, steps or money. Some recipes give all three. For example, canned meat is the simple and economical first step for Rickshaw Rice. It's one of many recipes labeled "cost-cutting recipe" in the Quick and Easy Dishes section of the skillet book.

RICKSHAW RICE

1 12-ounce can luncheon meat, cubed
2 tablespoons butter or margarine
1 20½-ounce can pineapple chunks
⅔ cup long grain rice, cooked (2 cups)
1 10-ounce package frozen peas
1 teaspoon dried dillweed, crushed
1 cup cherry tomatoes, halved
½ cup dairy sour cream

In skillet brown the meat butter. (Electric skillet 350 Drain pineapple, reserving cup syrup. Add pineapple, served syrup, rice, peas, a dillweed to skillet. Cover t skillet; reduce heat (220°) a simmer till peas are tender to 5 minutes. Stir in tomato Top with sour cream. Cover a simmer till tomatoes are hot minutes more. Makes 4 to servings.

— — —

Easy Skillet Meals and t Casserole Cook Book provi interesting cooking, eating a reading. The expert tou comes to the everyday co with Test Kitchen Tips from t Casserole book. Guides for ing leftovers, checking weig and measures and cooking crowds simplify the daily co ing job. From the skillet book discussion of skillet types, us and care assure best resu Regional American recipes a the fun of flavor varieties a some lore of recipe origins a uses.

Family Food Ideas Adver ers listed below make possi the special offer on two Bet Homes and Gardens co books. Their ads on the foll ing pages will give you ma more ideas for interesting fa ily meals.

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Honest Caramel Pecan Rolls.

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FAMILY FOOD IDEAS

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e lowered the bottom of e pie so it could hold a full ¼ pounds of cherries.

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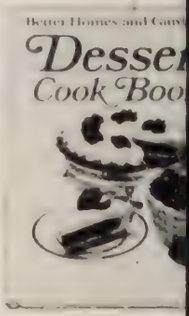
KITCHEN BOUQUET

FAMILY FOOD IDEAS

New Ideas

DESSERT COOK BOOK

This colorful new cook book from Better Homes and Gar features nearly 200 spectacular desserts for all occas Simple as well as challenging, all of the recipes are patible with today's menus and eating styles. Include eye-catching desserts that are sure to get compliments, all-time favorites with exciting variations, easy plan ahead desserts, low-calorie desserts and flaming desserts to serve at the table. Also included are special sections on cakes, pies, puddings, cookies, fruits and pastries, plus new ways to cut preparation time. Just $1.95 wherever books are sold.



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If you're planning a home improven a lot of time and trouble can be sav you know what to do . . . and what n do. This new Idea Book from Better H and Gardens answers questions o ten remodeling projects of interes most people. Special sections in hundreds of planning ideas for rem ing existing kitchens, baths and ments; additions to get more living area from a garage, l level and attic; plans for outdoor living; and how to co idle space into a powder room or clothes care center. included: A buymanship section featuring plans and mat and where to get them. Just $1.95 wherever books are

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This colorful new Idea Publication from Better Homes Gardens gives special attention to the unique needs o kitchen and bath. Included are kitchen planning basics; h organize step-saving centers for greatest convenience; manship information for all major appliances, as well a ten most popular portable appliances; tips on how to s cabinets, counters and flooring; and ways to use color and pattern in your kitchen. Also included are ideas for baths, old and new; ways to get a bigger bathroom; how to fit a half bath into existing space; and low-cost ideas that bring any bathroom up to date using paint, paper and dramatic bath accessories. Just $1.50 at your newsstand now.



The first rice recipe that comes complete with a money back guarantee.



With *Uncle Ben's Converted*® Brand Rice you don't need practice to make perfect. You see, Uncle Ben's is the world's best rice. It's made to come out fluffy and separate, or as we say, perfect every time.

In fact we're so sure of our rice that we'll give you your money back for the box of rice if it doesn't come out perfect in this delicious, easy to make recipe, Beef and Pepper Rice Skillet.

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Uncle Ben's Rice. When it comes to rice recipes, we put our money where your mouth is.

FAMILY FOOD IDEAS

Beef and Pepper Rice Skillet

- 1½ pounds round steak, cut in thin strips
- 2 tablespoons cooking oil
- 1 cup sliced onion
- 1 cup UNCLE BEN'S CONVERTED® Brand Rice
- 1 can (10½ ounces) beef broth
- Water
- 3 tablespoons soy sauce, or to taste
- 2 green peppers, coarsely chopped
- 1 jar (2 ounces) sliced pimiento, drained

Brown beef in oil in 10-inch skillet. Stir in onion, rice, beef broth, one soup can of water and soy sauce. Bring to boil. Reduce heat, cover, and cook over low heat until liquid is absorbed, about 25 minutes. Stir in green pepper and pimiento, Heat through.

Makes 4 to 6 servings.



Uncle Ben's

So perfect



The day Ingrid Nielsen became a great Italian cook.

Nothing could have been easier than opening a Chef Boy-ar-dee Packaged Dinner like Spaghetti with Meat Sauce.

All the basics were there: enriched spaghetti, hard grated cheese, and meat sauce that has body. It had always been a big hit, just as it was, right out of the box.

But now she was ready for something more ambitious (see below).

And that's when she made culinary history.

Lasagna Frankfurter Bake

Surprisingly simple twist for a family favorite.

1 package Chef Boy-ar-dee Lasagna Dinner
1-lb package frankfurters
2 packages frozen mixed vegetables, cooked
5 slices American cheese

Cook noodles; drain. Place each frankfurter at end of 2 side-by-side noodles; roll up. Place cooked vegetables in bottom of a buttered 13 x 9 x 2 inch dish. Cut each slice of cheese into 4 strips. Place half the strips on top of the vegetables. Arrange frankfurters on top. Place remaining cheese strips on frankfurters. Spoon sauce over top and sprinkle with grated cheese. Cover and bake at 425° for 25 minutes. Serves 4 to 5

Spaghetti Meat Pie

Dramatically different. Sure, it's a bit more complicated, but worth every minute you put into it.

1 package Chef Boy-ar-dee Complete Spaghetti Dinner with Meat Sauce
1-1/2 cups dry bread crumbs
1/3 cup butter
1/2 lb. ground chuck
1 can (3-oz.) chopped mushrooms
2 tbs. chopped pimento
1-1/2 tsp. salt
1 tsp. basil
1/4 tsp. garlic powder
1/4 cup chopped green pepper
1/4 cup chopped onion
3 eggs, beaten
3/4 cup milk

Break spaghetti into small pieces; cook as package directs. Sauté bread crumbs in butter. Press crumbs to bottom and sides of 9" pie pan, reserving 1/3 cup. Bake at 375° for 8 minutes. Sauté next 4 ingredients together. Add pimento, seasonings, and canned cheese. Combine eggs, milk, and 1/3 cup of canned sauce. Add meat mixture and spaghetti, toss well. Spoon into pie shell. Sprinkle with remaining crumbs. Bake at 375° for 40-45 minutes. Heat remaining sauce and serve over pie slices. Serves 4-6.

Look for other exciting and delicious Italian recipes on the back of every Chef Boy-ar-dee Packaged Dinner you buy.

Chef Boy-ar-dee®
The complete dinners you can build on.

FAMILY FOOD IDEAS

Buying information,



Photogr

Drain pineapple, reservin
blespoons juice. Stir toge
ingredients. Add 6 drops
extract, if desired. Chill. S
fruit. Makes 1⅔ cups; 1
ries tablespoon.



TOMATO COCKTAIL DRES
1 tablespoon sugar
2 teaspoons cornstarch
¼ teaspoon salt
1 cup vegetable juice cockt
¼ cup chili sauce
2 tablespoons salt oil
1 tablespoon lime juice
2 teaspoons prepared horse
In a small saucepan, c
sugar, cornstarch, and salt
ually blend in vegetable
Cook and stir till thicken
bubbly; cook and stir 1
more. Remove from heat;
chili sauce, oil, lime juic
horseradish. Chill. Serve
meat or vegetable salads.
1⅓ cups; 20 calories/ table



ONION CHEESE DRESSING
1 teaspoon instant minced o
1 cup plain yogurt
½ of 8-ounce package neuf
cheese
½ teaspoon worcestershire
¼ teaspoon dry mustard
Soak onion in ¼ cup wate
5 minutes. Combine all i
ents in blender. Cover and
till smooth. Pour into a
container; cover and chill
with vegetable salads. Mak
cups; 17 calories/ tablespo

Skinny salad dressings

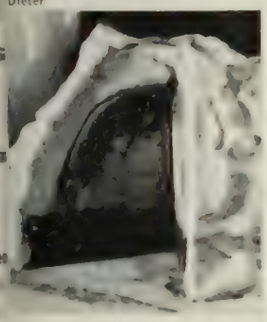
These three salad dressings are shy of calories but loaded with flavor. In fact, they do such great things for all salads that you'll find it easier to stick to your diet and attain that svelte figure.

PINEAPPLE DRESSING
1 8-ounce can crushed pineapple (juice pack)
1 cup buttermilk
1 envelope vanilla instant breakfast drink powder

ked
ıska—
t easy

aked Alaska" and you
f elegant restaurants and
dgeable chefs. But it's not
licated dessert to make.
v it's just ice cream and
th a delicately browned
ıe atop. The tiny air cells
eringue act as insulators
the solidly frozen ice
rom melting in the 500°
his insulation works only
eringue covers the whole
ınd is sealed carefully to
s of the baking sheet.
ng is easy, too, because
Alaska can be partially
ed anytime, then frozen.
you're ready to serve,
ıe meringue and swirl it
king care to seal edges.
takes a few minutes for
ingue to brown.

Dieter



GH MOCHA ALASKA

t make your own coffee
m by dissolving 1 tea-
offee powder in 2 tea-
vater and adding it to a
vanilla ice cream—

ce package brownie mix
uts
hocolate ice cream
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acked brown sugar

brownie mix according
ge directions for cake-
vnies. Bake in an 8-inch
yer pan in 350° oven
35 minutes. Cool.
a deep 1½-quart bowl
minum foil, allowing one
a to extend over edge of
r chocolate ice cream to
ghtly. Working quickly,
layer of chocolate ice
out 1 inch thick, over
and up sides of bowl
k of spoon. Freeze. Stir
e cream to soften slight-
into center of mold.
th foil. Press with hands
h top. Freeze.
ssemble Alaska, place
layer on baking sheet.
e cream mold at room
ure 10 minutes while preparing meringue. Beat egg whites till soft peaks form; gradually add brown sugar, beating to stiff peaks. Remove foil from top of ice cream; invert ice cream onto brownie layer, lift off bowl, then peel off foil. Quickly cover ice cream and brownie base evenly with meringue, swirling it into peaks and sealing edges well. Bake on lowest rack in 500° oven approximately 2 to 3 minutes or till meringue is lightly browned. Let stand a few minutes at room temperature for easier cutting. To serve Baked Alaska, cut the dessert into wedge-shaped slices with a sharp knife. Makes 12 servings.

FAMILY FOOD IDEAS



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BRAND

So you don't have to be a fancy baker to bake a fancy cake.

If you've got 15 minutes, a Pillsbury Bundt* Brand Cake Mix and a Bundt† pan (A 10-inch tube pan or angel food pan will work as well), you can whip up a simply smashing dessert in any of these fancy flavors: Chocolate Macaroon, Lemon Blueberry, Fudge Nut Crown, Butterscotch Swirl or Raspberry Ripple.



You get cake, filling and glaze mix all in one box.

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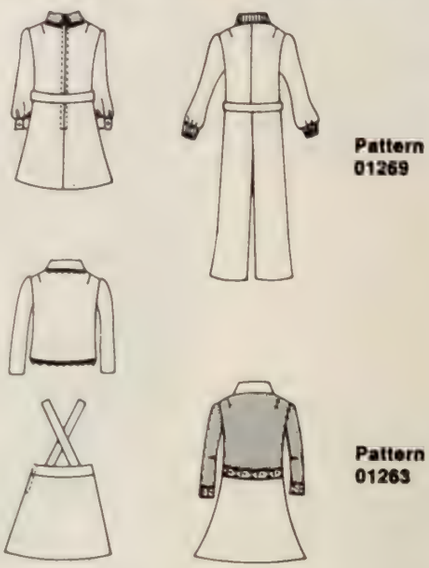




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FAMILY FOOD IDEAS

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BODY MEASUREMENT CHART

Size	2	4	6	8
Chest	21	23	25½	27
Waist	20	21	22	23½
Hip	23	24	26	28
Back waist length	8½	9½	10½	12
Height	36	40	45	49½

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Pillsbury introduces Streusel Swirl™ Dessert Cakes.

With cake mix, streusel filling and topping mix and glaze mix...all in one box.

That's right, all in one box! Just take out your angel food cake pan, open the Streusel Swirl package—and treat your family to a fabulous new dessert that's easy to make. A moist cake filled and topped with rich, delicious streusel and crowned with a heavenly glaze. A dessert cake so neat to eat, it's great for snacks and lunch boxes, too. Try all four flavors: Fudge Marble, German Chocolate, Spice, Cinnamon. Streusel makes them rich. Pillsbury makes them easy!

FAMILY FOOD IDEAS





COTTAGE CHEESE MUFFINS

Lemon peel makes this a tangy taste treat—

⅓ cup sugar
3 tablespoons butter or margarine
½ cup cream-style cottage cheese
1 teaspoon grated lemon peel
1 egg
1¾ cups packaged biscuit mix
½ cup milk

In mixer bowl, cream together sugar and butter or margarine; beat in cottage cheese and lemon peel. Add egg; beat well. Stir in biscuit mix and milk just till moistened. Spoon into greased 1¾-inch muffin pans. Bake in 400° oven for 20 minutes or till done. Makes about twenty 1¾-inch muffins.

DELICIOUS DANISH

Serve hot from the oven—

1 package refrigerated crescent rolls (8 rolls)
1 4¾-ounce can liver spread
2 teaspoons Dijon-style mustard *or* 1 teaspoon lemon juice
¼ teaspoon celery seed *or* ¼ teaspoon garlic powder

Unroll crescent rolls and separate into four rectangles. Pinch perforations to seal. Cut each rectangl lengthwise and crosswise to form 4 smaller rectangles. Combin liver spread with the mustard an celery seed *or* the lemon juic and garlic powder. Place a gener ous teaspoon of mixture on hal of each rectangle. Fold other hal

Photographs Dire



over; press edges to seal. Place o lightly greased baking sheet. Bak in 350° oven for 10 to 12 minute or till golden. Makes 16.

continued

Foods need Accent like flowers need water.

begins on page 94

Forget entertaining

SUNNY DAY PUNCH

Instead of using ice, freeze wedges of fresh oranges or lemon to float atop the punch—

4 cups water
3 cups unsweetened pineapple juice
1 6-ounce (⅔ cup) frozen orange juice concentrate, thawed
1 6-ounce can (⅔ cup) frozen lemonade concentrate, thawed

• • •

2 4/5-quart bottles champagne, chilled

• • •

Orange slices
Mint leaves

Combine water, pineapple juice, orange juice concentrate, and lemonade concentrate. Stir well. Chill thoroughly. Just before serving, transfer to punch bowl; carefully pour champagne down side of bowl. Stir gently to mix. Garnish with orange slices and mint leaves, if desired. Makes 5 quarts punch.

SMOKY CHEESE LOAF

Freeze the unsliced loaf ahead of time for added convenience—

1 slightly beaten egg
1 cup milk
1 tablespoon instant minced onion
Few drops bottled hot pepper sauce
3 cups packaged biscuit mix
¾ cup (3 ounces) grated natural cheddar cheese
¼ cup bacon-flavored protein bits
Butter or margarine

In mixing bowl, combine egg, milk, onion, and hot pepper sauce. Let stand 5 minutes. Meanwhile, stir together biscuit mix, cheese, and protein bits. Add milk mixture, stirring just to moisten. Turn into greased 9x5x3-inch loaf pan. Bake in 350° oven for 45 to 50 minutes or till done. Let stand 5 minutes. Turn out on wire rack to cool. To serve, slice and spread lightly with butter or margarine.



Accent is nature's own flavor enhancer. It helps restore the good, natural flavor many foods lose on the way to your kitchen, just as water helps restore the natural freshness of a cut flower.

Use Accent generously, according to directions, and bring out the best in meats, poultry, vegetables, seafoods, salads—almost everything you cook.

Accent does for the flavor of foods what water does for the beauty of flowers.



Planters Oil. If you beef about cooking authentic Sukiyaki.

Authentic gourmet dishes are a lot easier when you've got the right ingredients, and the proper things to cook them in. And for Japanese Beef Sukiyaki, that means an electric skillet and Planters® Oil.

Peanut Oil is one ingredient gourmets always count on. Because peanut oil brings out the natural flavor of foods cooked in it. And Planters Oil is 100% pure peanut oil. And now you can get an 11-inch dishwasher-safe West Bend® electric skillet with high dome cover in either harvest gold or avocado for only $12.95. This $19.95 value has colorful porcelain-on-aluminum finish and a scratch resistant Fired-On-No-Stick™ interior. For yours, just clip the coupon below.

You don't have to be a gourmet chef to cook authentic Japanese dishes. Just take an electric skillet, and Planters Oil. And try a Sukiyaki that will taste the way it was meant to.

The recipe. Heat 3 tbsp. Planters Peanut Oil in electric skillet set at 325°F. Add and brown 1 lb. flank steak thinly sliced across grain. Add ½ lb. sliced mushrooms, 1 c. sliced celery, 1 c. sliced onion and ½ c. scallions, halved lengthwise and cut in 2" lengths.

Cook and stir 3 minutes. Pack in 2 packages (10 oz. each) fresh cleaned spinach. Cover; cook 3 minutes. Add 1 tbsp. cornstarch and 1 tbsp. sugar blended with ½ c. soy sauce. Cook and stir until sauce is thickened. Serve with rice. Makes 4 servings.

Planters Oil makes cooking ...cuisine.

FAMILY FOOD IDEAS

Another fine product of *Standard Brands*

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Please send me____ West Bend electric skillet(s). I enclose $12.95 (check or money order payable to Planters Oil Skillet) plus the cap liner from one bottle of Planters Oil for each skillet. Allow 4 to 6 weeks for delivery. Offer good only in U.S.A. while supply lasts. Void where prohibited or restricted. Harvest Gold____ Avocado____

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Wheat germ, the world's most nutritious natural cereal.

FAMILY FOOD IDEAS

continued

Forget entertaining

MUSHROOM SCRAMBLE
Do not overcook the eggs—

1 6-ounce package frozen whole mushrooms in butter sauce
16 eggs
1 cup milk
1 tablespoon fresh or freeze-dried snipped chives
1 teaspoon worcestershire sauce
½ teaspoon salt
Dash pepper
2 tablespoons butter or margarine
8 slices Canadian-style bacon

In large skillet, prepare mushrooms according to package directions. In mixing bowl, combine eggs, milk, chives, worcestershire, salt, and pepper. Melt butter or margarine in skillet with mushrooms; pour in eggs. Cook over medium heat, stirring occasionally, till eggs are thickened but still moist. Meanwhile, heat bacon in blazer pan of chafing dish. To serve, arrange meat around sides of dish; fill chafing dish with egg mixture. Garnish with additional chives, if desired. Makes 8 servings.

UPSIDE-DOWN SUNDAES
Serve the butterscotch sauce either warm or cold—

6 balls vanilla ice cream
1 cup chopped peanuts
1 3- or 3¾-ounce package regular butterscotch pudding mix
⅔ cup dark corn syrup
⅓ cup chunk-style peanut butter
1¾ cups milk
Frozen whipped dessert topping, thawed

Roll ice cream balls in peanuts to coat. Freeze firm. In saucepan, combine the pudding mix, corn syrup, and peanut butter. Gradually stir in milk. Cook, stirring constantly, till thickened and bubbly. Cook 2 minutes more. To serve, pour a generous amount of pudding mixture into individual dessert dishes. Set peanut-covered ice cream ball atop. Garnish with whipped dessert topping, if desired. Makes 6 servings.

SHRIMP 'N RICE SOUP
A double canned soup fix-up—

2 cups water
1 teaspoon instant chicken bouillon granules
2 tablespoons long-grain rice
½ cup diced celery
1 can condensed chicken and rice soup
1 can condensed cream of shrimp soup
1 cup milk
1 4½-ounce can shrimp, drained
½ cup dairy sour cream

In medium saucepan, combine water, bouillon granules, rice, and celery. Simmer 12 to 15 minutes or till celery is tender. Stir in canned soups and milk. Add shrimp. Heat through. Just before serving, stir a little soup into sour cream; return to soup in saucepan and blend well. Heat but do not boil. Garnish with lemon wedges and parsley sprigs, if desired. Makes 4 servings.

PEA-POTATO SOUP
A hearty soup, just right for robust fall appetites—

½ of 24-ounce package frozen stew vegetables
1¼ cups boiling salted water
1 can condensed split pea with ham soup
1 cup cubed cooked ham
½ cup milk

In large saucepan or Dutch oven, cook vegetables, covered, in the 1¼ cups of boiling salted water till tender, about 20 minutes. Remove potatoes and any other



large vegetables; cut up and return to pan. Stir in split pea soup, ham, and milk. Heat to boiling. Reduce heat; simmer 5 minutes. Makes 4 servings.

SCANDINAVIAN SPRING VEGETABLE CHOWDER
Add dried dillweed for a complementary flavor accent—

1 can condensed cream of potato soup
1½ soup cans (about 2 cups) milk

continued

They say a woman thrives on change.
That's why you're always looking
for something new to do.
Something new to wear.
And something different for dinner.

It's a good day for Stouffer's.



continued

Forget entertaining

1 10-ounce package frozen Danish-style vegetables
¼ teaspoon dried dillweed
1 egg yolk
Fresh dillweed (optional)
Chopped green onion

In saucepan, blend potato soup with milk; heat through. Add Danish-style vegetables and the dried dillweed. When soup begins to boil, reduce heat to egg yolk. Gradually sti erate amount of the hot egg yolk. Return egg yol to soup in pan; cook 2 stirring constantly. Gar the fresh dill and chopp onion. Ladle into soup mugs. Makes 4 servings.

BREAD AND BUTTER S
Another time, serve th your favorite spaghetti

3 tablespoons butter or m
1 cup packaged biscuit m
1 teaspoon sugar
¼ cup milk

Melt butter or marg 8x8x2-inch baking pan. ing bowl, combine bisc sugar, and milk. Stir w till a soft dough forms. orously 20 strokes till still sticky. Turn out on lightly dusted with bisc knead gently about 1 Roll to a 8x6-inch rectan floured knife, cut dough lengthwise; then cut e crosswise into 8 strips. I used to melt butter, strip in the melted butt ing to coat both sides. strips in two rows in p in 425° oven about 10 to utes or till golden brow warm. Makes 16.

HORSERADISH ROLLS
Horseradish and cottag make a great addition t nient hot roll mix—

1 13¾-ounce package hot roll mix
½ cup warm water
1 egg
½ cup cream-style cottag
1 tablespoon prepared horseradish
2 teaspoons sugar
1 teaspoon salt
1 tablespoon butter or margarine, melted
1 teaspoon prepared horse

In large bowl, dissolv from hot roll mix in the warm water. Stir in egg, cheese, the 1 tablespoon radish, the sugar, and sa flour mixture from hot r blend well. Cover and let nearly double in size, a minutes. Punch down. Sh 32 balls; place two balls of 16 greased muffin cup bine melted butter or ma and the 1 teaspoon hors brush over dough. Cover till double, about 30 Bake in 375° oven for 1 minutes or till golden Makes 16 rolls.

CHILI CHEESE FESTIVIT
Corn chips and lots of ch every bite—

1 pound lean ground beef
1 medium onion, chopped



* Marinated Steak·A·Roni *

...a thrifty dinner idea from Adolph's and Rice·A·Roni

FAMILY FOOD IDEAS

SPANISH RICE-A-RONI
(MAKES SIX 3/4-CUP SERVINGS)

We've discovered a secret: Spanish Rice-A-Roni does marvelous things for the taste of marinated steak. Spanish Rice-A-Roni, "the San Francisco Treat," combines fluffy rice, tiny vermicelli, exotic Spanish seasonings which you sauté and simmer in a matter of minutes. All you need is:

1 package Spanish Rice-A-Roni
2 cups (1 lb.) cut up canned or fresh tomatoes
2 cups hot water

The easy directions are right on the package.

MARINATED STEAK
(MAKES 6 SERVINGS)

2-2½ pounds top Round Steak* cut 1-1¼" thick
1 Package Adolph's 15-minute Meat Marinade
2/3 cup water

Adolph's 15-minute Meat Marinade gives steak deep-down gourmet flavor and juicy tenderness. Just marinate according to package directions. Then broil, basting frequently with Marinade. Slice and serve. Top off this fine steak dinner with Spanish Rice-A-Roni and a green salad. Look for Adolph's Meat Marinade at the meat counter of your favorite food store.

*Or use bottom round, sirloin tip, or 7-bone chuck.

e chili seasoning mix
ıce can condensed soup
ter
eaten eggs

package corn chips, (2 cups)



unces) shredded ey jack cheese
y sour cream
ounces) shredded cheddar cheese

killet, cook ground beef till meat is brown and ender. Drain off excess chili mix, tomato soup, r. Simmer 5 minutes. gs and milk into meat ook and stir till thick- bubbly. Stir in corn monterey jack cheese. to 2-quart casserole. covered, in 350° oven 35 minutes. Spread top ole with sour cream; vith cheddar cheese. Re- ven for 3 to 5 minutes ese melts. Garnish with and green chili peppers ey, if desired. Makes 6

D MUSHROOM LATTER

ng convenience, arrange efore guests arrive—

ıter

s lemon juice
ite onion, peeled, liced, and separated
gs (2 cups)
resh mushrooms
ds cold cooked roast inly sliced
d wine vinegar
ns Dijon-style mustard
n salt
on dried marjoram, d
on dried chervil, crushed
on freshly ground pepper
ıd oil
oons chopped parsley

oan, combine water, the and lemon juice; bring g. Drop in onion rings; immediately and drain well on paper toweling. Slice mushrooms into thick lengthwise pieces. Arrange meat, onion rings, and mushrooms in 13x9x2-inch dish. Stir together vinegar, mustard, remaining salt, herbs, and pepper. Gradually blend in oil. Pour over beef and vegetables. Cover with clear plastic wrap; chill several hours or overnight, basting occasionally. Before serving, remove the meat, onion rings, and mushrooms from marinade; arrange on lettuce-lined serving platter. Sprinkle parsley atop. Serve cold. Makes 6 to 8 servings.

continued

NEW FOR FALL

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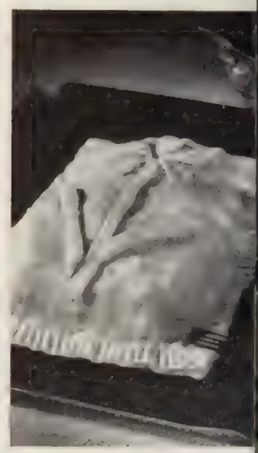


Forget entertaining

KOULIBIAK
You can cut trimmings with hors d'oeuvres cutters—

- 1 cup finely chopped onion
- 1 cup finely chopped carrot
- 1 cup finely chopped celery
- 3 tablespoons butter or margarine
- 1 cup thinly sliced fresh mushrooms
- ½ teaspoon salt
- ½ teaspoon dried dillweed
- ¼ teaspoon pepper
- ⅓ cup dairy sour cream
- 2 tablespoons lemon juice
- 1 16-ounce can salmon, d boned, and flaked
- 1 10-ounce package froze shells, thawed (6 shells
- 1 recipe Lemon Green On Sauce

In saucepan, cook onio and celery in butter or m till tender but not brov mushrooms; stir in salt, per, sour cream, and len Gently stir in salmon ti On lightly floured surfa three patty shells togethe 10x8-inch rectangle. 15x10x1-inch baking pa salmon filling down cen remaining three patty gether and roll to 10x8- tangle. Adjust top crust mon filling; trim edges ing the trimmings. Cut tions from reserved t and arrange over loaf.



edges of dough; seal with fork. Brush with mixtu egg and 1 tablespoon w top for escape of steam. 400° oven for 30 minut browned. Transfer to platter. Garnish with e desired. Serve with *Lem Onion Sauce:* In saucep ¼ cup chopped green o ¼ teaspoon dried dillw tablespoons butter or m till tender. Stir in 1 ta cornstarch. Add 1½ cu en broth all at once. C stir till thickened and Add 2 teaspoons lemo Add a moderate amou hot mixture to 1 slightl egg yolk; return to s Continue cooking, stirr stantly, till mixture is th Makes 1½ cups sauce. servings.

CHOCOLATE LAYERED CHEESECAKE
To please a crowd, mak these cheesecakes—

- 1 10¾-ounce package ch cake mix
- 1½ cups milk
- 1 3-ounce package cream softened



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spoons cocoa powder
ate curls
e the crumb crust from cake mix according to e directions; reserve a few for garnish. Press remain- 8-inch springform pan or e and chill. In mixer bowl, ie milk, cream cheese, and cake filling mix; beat at eed of electric mixer till l. Beat at medium speed 3 s more or till mixture is ick. Place about ⅓ of the e (1 cup) in small bowl. coa over; fold in. Spread ie vanilla mixture over crust. Top with chocolate hen with remaining vanilla e. Chill at least 1 hour be- rving. Garnish with a few



d crumbs and chocolate Makes 8 servings.

MOM COFFEE
spoons instant coffee
ler
poon ground cardamom
boiling water
whipped dessert topping,
ed
offee powder and carda- nto boiling water to dis- coffee powder. Pour into sse cups. Top each serving dollop of dessert topping. t once. Makes 18 servings.

BEAN MOUSSAKA
nce can cut green beans,
ied
unds ground beef
ice can (1 cup) tomato
e
poon garlic salt
poon ground cinnamon
ly beaten eggs
os cream-style cottage
se with chives
grated parmesan cheese
spoons sliced pitted
olives
green beans in 1½-quart ole. In medium skillet, ground beef; drain off ex- t. Stir in tomato sauce, gar- t, and cinnamon. Spread reen beans. Combine eggs ottage cheese. Spread over nixture. Sprinkle with par- cheese. Bake in 350° oven for 30 minutes. Garnish with olive slices. Makes 6 servings.

JIFFY JAMBALAYA
½ cup frozen chopped onion
½ cup frozen chopped green pepper
2 tablespoons cooking oil
1 29-ounce can tomatoes, cut up
1 12-ounce can luncheon meat, cubed
1¾ cups water
1 teaspoon paprika
Dash pepper
3 drops bottled hot pepper sauce
1 bay leaf
½ teaspoon dried thyme, crushed
½ teaspoon dried oregano, crushed

continued

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These Ore-Ida Onion Ringers™ taste as good as they look.





They give you plenty of true, sweet onion flavor. And they have a thin coating of batter, so they cook up extra crisp and crunchy right in your oven.

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Taste. Ore-Ida Onion Ringers are nade with fresh chopped onions.



Good eatin' from Boise.

HAMBURGER AND VEGETABLE CASSEROLE

1 pound ground beef
1 cup Ore-Ida fresh frozen Chopped Onions
1 can (10½ ounces) condensed cream of mushroom soup
1 can (16 ounces) green beans, drained
½ package (12-14 ounces) frozen Ore-Ida Onion Ringers™
¼ teaspoon of salt

1. Preheat oven to 400° F. Lightly grease a shallow 1½ quart baking dish.
2. In large skillet, over medium-high heat, cook hamburger and onions until meat is browned and onions are tender. Pour off excess liquid.
3. Add undiluted soup, green beans and salt, stirring until blended and hot. Spoon mixture into baking dish and top with single layer of frozen Onion Ringers™.
4. Bake 30 minutes or until hot and bubbly.

YIELD: 5 servings.

continued

Forget entertaining

¼ teaspoon garlic powder
1½ cups uncooked packaged precooked rice

In large skillet, cook onion green pepper in hot oil till ten Stir in remaining ingredients cept rice. Cover; simmer 15 utes. Stir in rice. Cover; sim 2 minutes more. Remove from heat; let stand, covered 5 minutes. Remove bay leaf fore serving. Garnish with a tional green pepper rings, if sired. Makes 6 servings.

SMOKY POTATO BAKE

1 12-ounce package fully cook smoked sausage links (8 lin
1 5½-ounce package dry au g potatoes
1 large apple, pared, cored, and diced (1 cup)

Halve 3 sausage links crossv slice remaining. Prepare au g potatoes according to packag rections, except add apples sliced sausage to potatoes. into 1½-quart casserole. B uncovered, in 400° oven fo minutes. Arrange halved over potatoes and bake 10 utes more. Makes 6 servings

PERT 'N PRETTY PARFAITS

Use a waxed paper funnel easy layering—

½ cup dairy sour cream
1½ cups milk
1 3¾- or 3⅝-ounce package *instant* vanilla pudding mix
½ teaspoon ground nutmeg
1 21-ounce can strawberry *or* raspberry pie filling, chilled
1 teaspoon lemon juice

In small mixer bowl, com sour cream and milk. Beat rotary beater till smooth. B in pudding mix and nutmeg; till mixture is smooth and sl ly thickened. Combine pie fi and lemon juice. Starting



pudding mixture, alternate la with the pie filling in six pa glasses. Chill 15 to 20 minute till set. Makes 6 servings.

pen dating food

-date labeling is a growing rn of consumer activists . Here's what the movement about and how open dating elp you when you shop.

is open dating?

dating means that a read- understandable date is d on food packages. It is fort by the food industry lp you assess the freshness od. While companies have dating their food products long time, it's usually been in codes.

nsumer advocates assert we consumers, as well as personnel, have a right to how fresh the food is. As lt, a number of food manu- rers and supermarket chains introduced programs.

the date means

date most often used in an -dating program is actually ood's *pull date*, that is, the lay the food can be sold in tore. Once the food is pur- d, this date allows for prop- rage at home.

a few cases, the date may ate the product's *pack date* hen the food was packaged. is usually used only on fresh s and poultry.

e *expiration date*, the date food is no longer fit to eat, also been considered for -date labeling. However, the has generally been aban- d because food freshness is ependent upon storage con- ns. For example, bacteria twice as fast in fresh meat d at 50° F. as in meat d at 40° F.

ns taken

stry and government alike eacting to consumer appeals pen dating. In most major . at least one company is ntarily sponsoring an open- g program.' Open-dating are pending in both houses e U. S. Congress, and many and local governments are osing legislation, too. At nt, New York City and County, Florida (which des Miami), are the only areas that have laws re- ng open-date labeling.

am acceptance

ough details of open dating smoothing out, some ex- d problems have not mate- ed. Consumers do not seem noose the package of food the latest date. And dating does not appear to add icantly to costs. Store man- , for the most part, favor dating since they find it oves the rotation of stock. ■

Country Style Dinner Fries® so thick they taste like an Idaho® baker.





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Good eatin' from Boise.

CREAMY SCALLOPED POTATOES

½ cup Ore-Ida frozen Chopped Onions
1 can (10½ ounces) condensed cream of celery or cream of mushroom soup, undiluted
1 package (3 ounces) cream cheese, cut in cubes
4 cups frozen Ore-Ida Country Style Dinner Fries®*
⅓ cup shredded Cheddar cheese

1. Preheat oven to 400 degrees F. Grease a 1½ quart casserole.
2. In 1 quart saucepan, cook frozen onions over medium heat until tender. Stir in undiluted soup and cream cheese cubes, stirring constantly until smooth.
3. In casserole, alternately layer frozen potatoes and hot cream sauce ending with a sauce layer.
4. Cover and bake 45 minutes or until sauce is bubbly and potatoes are tender. Remove from oven and sprinkle with shredded cheese.

Serves 6.

*May also be prepared with the following Ore-Ida products: Potatoes O'Brien, Southern Style Hash Browns, Cottage Fries.

SMART SHOPPER

Pudding mix desserts

Pudding mixes are great assets on the pantry shelf. You can serve them as puddings, following the package directions, or as dress-ups for other desserts. When using a mix as a recipe ingredient, make sure you buy the type that's called for. Instant pudding mixes are designed to thicken *without cooking*. Regular pudding mixes require cooking to thicken.

In an informal survey of pudding mixes in a midwestern city, we found that for the same yield, name brands such as Jello and Royal were higher priced than the house brands. Also, instant puddings cost more than regular pudding mixes but save you preparation time and a saucepan to wash. Your flavor preference, and your time and budget, should determine what kind you buy.

Our two recipes illustrate the two kinds of pudding mixes now available. For the dessert squares, you add the instant pudding mix to a cream cheese mixture—there's no cooking required. In the chocolate-coffee dessert, you cook the pudding mix with brown sugar, chocolate, and coffee powder to thicken the mixture.



ANGEL SURPRISE DESSERT

Two mixes and a purchased cake make this extra-speedy

1½ cups milk
1 3-ounce package cream cheese, softened
1 3¾- or 3⅝-ounce package *instant* vanilla pudding mix
4 cups (5 ounces) angel cake cubes
1 13¼-ounce can crushed pineapple, drained
1 2-ounce package dessert topping mix

In small mixer bowl, gradually blend milk into cream cheese, beating till smooth. Add pudding mix and beat at low speed of electric mixer till smooth and slightly thickened, about 2 minutes. Pour pudding mixture over angel cake cubes, stirring to coat. Turn into 8x8x2-inch baking dish. Spread drained pineapple over top. Prepare dessert topping mix according to package directions. Spread over all. Chill several hours or overnight. Makes 6 servings.



MOCHA MERINGUE TARTS

Perch chocolate curls atop to make the tarts festive—

1 3¾- or 4-ounce package *regular* chocolate pudding mix
2 tablespoons brown sugar
½ square (½ ounce) unsweetened chocolate, melted
2 to 3 teaspoons instant coffee powder
2 cups milk
2 egg yolks
2 tablespoons butter or margarine
1 recipe Meringue Shells

In saucepan, combine pudding mix, brown sugar, chocolate, instant coffee powder, milk, and egg yolks; blend well. Cook and stir over medium heat till mixture comes to full boil. Remove from heat; stir in butter or margarine. Cover surface of filling with clear plastic wrap or waxed paper. Chill at least 2 hours. Beat with rotary beater till smooth. Spoon into Meringue Shells; garnish with chocolate curls, if desired. Serve immediately. Makes 6 servings.

To make Meringue Shells: Beat together 2 egg whites, ½ teaspoon vanilla, ⅛ teaspoon cream of tartar, and a dash salt till frothy. Gradually add ⅔ cup sugar, a small amount at a time, beating till very stiff peaks form and sugar is dissolved. Cover baking sheet with plain, ungreased brown paper. Draw 6 circles, 3½ inches in diameter. Spread each circle with ⅓ cup meringue. Using back of spoon, shape into shells. Bake in 275° oven for 1 hour. For crisper meringues, turn off heat and let Meringue Shells dry in oven (door closed) about 1 hour. Makes 6 meringues.



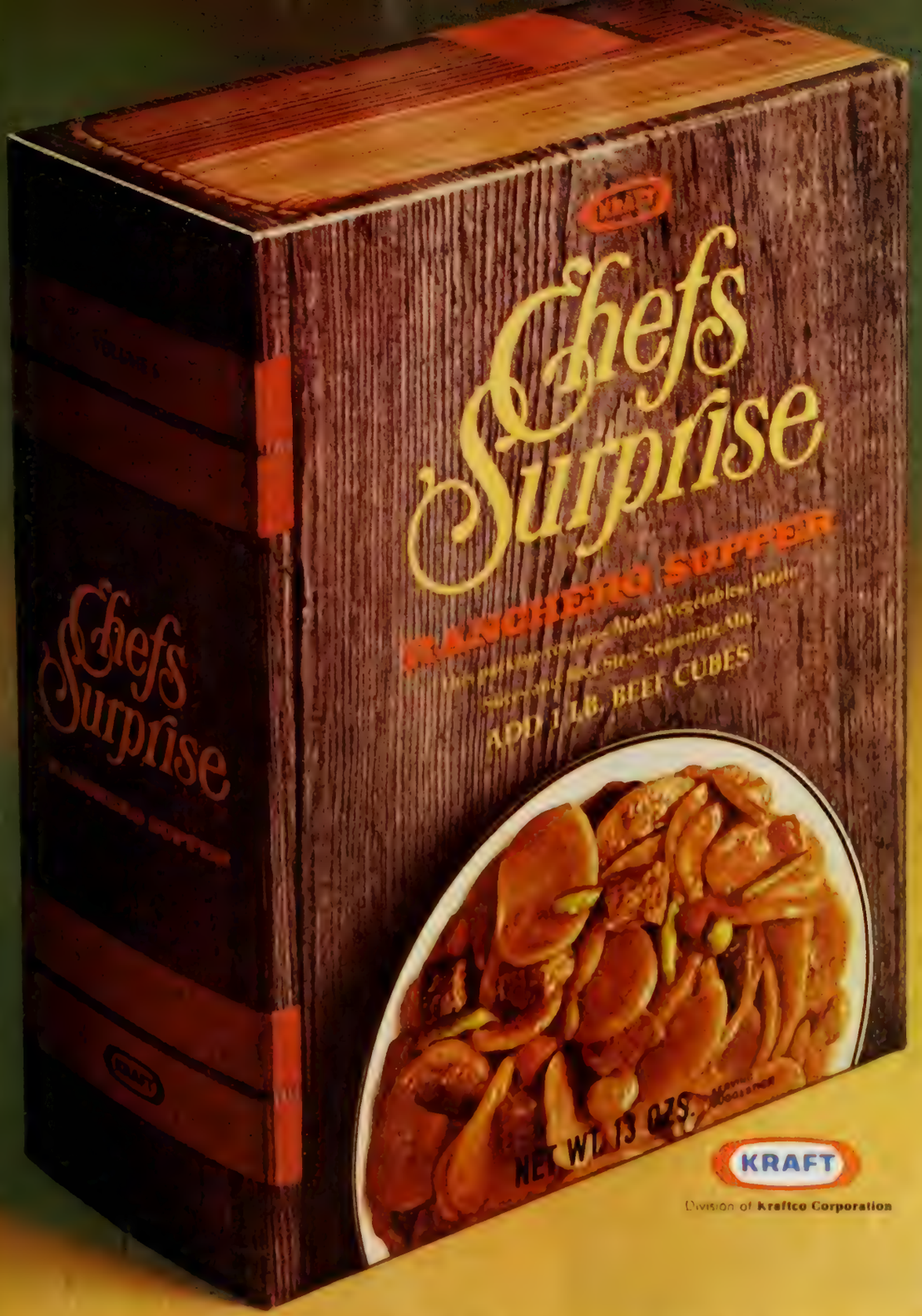
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A little better for the whole family.
Heinz 57 Steak Sauce and steak. They go together like shish and kebab.

Heinz

Pineapple Shish Kebab

Drain 1 can (13¼-oz.) pineapple chunks; reserve ½ cup liquid. Cover; refrigerate fruit. Com the ½ cup pineapple liquid, ½ cup Heinz 57 Steak Sauce, 2 tbsp. dry white wine, 1 tbsp. salad oil, ½ t salt, dash pepper. Pour over 2 lbs. beef sirloin tip cu (1-in.). Cover; refrigerate 2-3 hrs. Thread 4-5 pieces meat and 5-6 pieces pineapple on each (12-in.) skew Brush with marinade; sprinkle with salt and pepper. Broil 3 in. from heat 5 mins. on each side for medium rare. Makes 6 servings.

FAMI FOOL IDEA



Homespun Supper
- Spiral macaroni
- Garden vegetables
- Beef Stew seasoning mix

You add: hamburger.

Chili Macaroni
- Elbow macaroni
- Kidney beans
- Chili seasoning mix

You add: hamburger.

Fisherman's Supper
- Broad egg noodles
- Cheddary Kraft cheese sauce mix
- Toasted onion

You add: tuna.

Colonial Supper
- Cheddary Kraft cheese sauce mix
- Broad egg noodles

You add: ham cubes or sliced hot dogs.

Sloppy Joe Supper
- Spiral macaroni
- Tomato sauce
- Sloppy Joe seasoning mix

You add: hamburger.

Ranchero Supper
- Sliced potatoes
- Garden vegetables
- Beef Stew seasoning mix

You add: hamburger.

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How to order material from the magazine

Better Homes and Gardens Idea Room Project Plans, page 84.

For your convenience, we've divided the plans for our Idea Room i to three different projects. If you want to incorporate all of the ide into a room like the one we've shown, order all three plans. Othe wise, just order the project that interests you. For instance, you m want to fit the sewing center into a kitchen corner or make t audio center a smart addition to your living room.





Project Plan 4310-1.
Our first plan includes drawings and complete instructions for building the crafts center with its fold-down work surface, a small sink area, swing-around beverage storage, and a piano cove.

Shelves in craft center provide convenient storage.

Project Plan 4310-2.
In this plan you get step-by-st instructions and detailed worki drawings for both the audio e tertainment center (above) ar the sewing center (below). Pla for the fold-down sewing tab and dress form storage area a also included.

Project Plan 4310-3.
Plans for the center of our Idea Room, as shown above, include detailed instructions for installing the seating platform and the wall lights.



You can order any of the Better Homes and Gardens Idea Room project plans shown in this issue by completing the coupon printed below. Each item is satisfaction-guaranteed.

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begins on page 70

HOUSEPLANT HOW-TO

Keeping plants clean

Dust and dirt can affect the health of your plants, as well as their looks. You have a choice of ways to clean them. The easiest is to put the whole plant in the kitchen sink or under a shower. Just be sure to leave the plants where they can drip without messing up anything. Chemicals in the water may leave white spots on the leaves. To remove the spots, rub gently with a soft cloth. Better yet, start with the soft cloth and skip the dousing. If you want to restore a high gloss to foliage, wipe the leaves with a piece of soft cloth dipped in skimmed milk. Use another piece of the cloth to wipe off the milk. Clean only a few leaves at a time; if you let the milk dry on the leaves, it's hard to get off.



A plant called pony tail

You may have to ask for it as *Beaucarnea recurvata*, but whatever the name, this easy-care plant is a delight. Be thankful that it's a slow grower. Given enough time, it can reach 25 feet or more—a problem you'll probably never have to cope with. As the trunk gradually elongates, the bulbous base continues to swell in a curiously irregular manner. The fountain of leaves becomes steadily more dense. If the leaf tips turn brown, that's just the nature of this unusual plant, so there's nothing to worry about.

Give the pony tail a bright light, even sun for a few hours a day. Water when the soil dries.

Time out for amaryllis

It's time to give amaryllis plants a rest whether they want it or not. They're erratic in the way they perform this time of the year. The foliage on some may have died down by now, in which case you should have stopped watering. If leaves are still flourishing, withhold water until the leaves yellow and shrivel. You can leave the bulb in the pot if you want to, but put the pot somewhere out of the way so it won't be watered accidentally. Or, you can knock the plant out of the pot, lay it aside until the foliage dies, then cut off the foliage, shake off the soil, and store the bulb in a box of vermiculite. You'd follow the same procedure if you have been summering your amaryllis in the ground. Forget the bulbs until February or March and then pot up bulbs in fresh soil.

Importance of a shard

A shard is a broken piece of pottery, usually a fragment of an old broken flowerpot. If you don't happen to have broken flowerpots around, use a piece of



china that's smashed beyond repair. Or, you can use a small square of screening or a soft drink bottle top. All the shard is suppose to do is cover the hole in the bottom of the pot. Why have a hole in the bottom of a pot and then cover it up? The hole is there so excess water can escape, and the shard prevents the soil from washing out when you water.

A layer of gravel in a solid-bottomed ceramic container serves for drainage only up to a point. Water drains into the gravel, but it has no place to go.

Trouble to expect

If you acquire a new houseplant, it's going to have to adjust to the new surroundings you provide for it. This is true whether a friend gives you a plant and you move it only a few blocks or you buy it at a nursery or local florist The latter move is the more difficult one—from a very humid atmosphere to the dry one of your house. Leaves may drop from the shock. When this happens, go easy with watering.



A quick course in oriental cooking

Based on centuries of tradition, the oriental cuisine offers you a wealth of cooking ideas and taste delights. In addition to being delicious, traditional oriental combinations of meat and vegetables are valuable budget-stretchers.

Today, it's easier than ever to try your hand at oriental cookery. You can even improvise gear, using an oval skillet for a wok or a stock pot fitted with a straining basket for a steamer.

But for the best results, you'll probably want to invest in some specialized oriental utensils. Check this roundup of the most useful gear for oriental cooking.

Woks. These Chinese frying pans, shaped like bowls with sloping sides, are ideal for stir-frying combinations of vegetables and meat. Bite-size pieces of food cook quickly in hot oil in the wok's center, then are pushed up the side slopes until served. Constant stirring and pushing up prevent overcooking. The non-electric woks come with a collar so you can use them on a modern range. The electric models offer regulated heat and let you cook anywhere. Use hot pads when handling a hot wok.

Tempura cookers. These pans can handle deep fat without spatters so they're ideal for cooking batter-dipped bits of seafood and vegetables. The non-electric versions usually are round, with high sides and sturdy handles. Some come with a rack for draining foods. Electric styles offer a variety of heat settings and can be used for beef fondues, too. Use a skimmer with a heat-proof handle to retrieve bits of food.

Mongolian fire pots, utilize charcoal briquets for heat. Charcoal goes in the chimney-like base, while stock simmers in a circular trough that surrounds the chimney. Slices of vegetables, meat, and fish cook in the hot stock while you watch.

Steamers. Steam-cooked rice and vegetables are classic favorites. To equip yourself for steam cooking, choose one of the many range-top steamers, or, go electric. The traditional Chinese steamer consists of a series of bamboo baskets that stack up over pan of boiling water. With this arrangement, more than one food can cook at once.

Buying information, page 159



STIR-FRY BEEF WITH ASPARAGUS

Use either an electric wok or a wok set over the heating unit on your range—

1 pound beef flank steak, partially frozen
1 tablespoon cornstarch
2 tablespoons soy sauce
1 tablespoon cooking oil
12 asparagus spears
3 tablespoons cooking oil
1 teaspoon sugar
2 tablespoons dry sherry
2 tablespoons chicken broth

Using sharp knife, cut flank steak across grain into very thin slices. Combine cornstarch, soy sauce, and the 1 tablespoon cooking oil; pour over beef slices and stir to coat all meat. Cut asparagus on the bias into 1-inch pieces. Drop asparagus into pan of boiling water. Simmer 1 to 2 minutes. Drain. Heat the 3 tablespoons cooking oil in wok till sizzling. Sprinkle sugar over oil. Add beef strips and cook quickly for 1 minute. Add asparagus; cook and stir 1 minute more. Add the sherry and chicken broth; cook ½ minute more. To serve, arrange meat and vegetables on platter. Makes 4 servings.



STEAMED RICE WITH PORK AND PEA PODS

Line the steamer racks with cheesecloth to ease cleanup—

1 slightly beaten egg
1 tablespoon soy sauce or oyster sauce
1 teaspoon grated fresh gingerroot
½ teaspoon salt
½ teaspoon sugar
1 pound lean ground pork
½ cup chopped fresh mushrooms
¼ cup finely chopped water chestnuts
1 tablespoon chopped green onion
1½ cups cooked long-grain rice
12 ounces pea pods, ends snipped *or* 2 6-ounce packages frozen pea pods, thawed

Combine egg, soy sauce, gingerroot, salt, and sugar. Add pork, mushrooms, water chestnuts, and green onion; mix thoroughly. Form into thirty 1-inch balls. Roll balls in cooked rice, pressing down gently, but firmly, so rice adheres to meat mixture. Heat enough boiling water in a Dutch oven or lower part of a steamer to come within one inch of the steamer cooking rack. Place pork balls on one of the steamer racks; cover with lid. Steam about 15 minutes. Add pea pods to a second rack of steamer. Cover and continue cooking meatballs and pea pods 15 minutes more or till done. Replenish with more boiling water, if necessary. Toss pea pods with a little butter or margarine and soy sauce. Serve with rice balls. Makes 6 servings.



VEGETABLE TEMPURA

At the table, use a tempura appliance or fondue pot—

1 recipe Tempura Batter
12 fresh green beans, cut in 2-inch pieces
12 fresh mushrooms
12 green onions, cut in julienne strips
1 medium sweet potato, pared and cut in ½-inch cubes
1 small cauliflower, broken into buds
1 lotus root, pared and sliced ¼ inch thick *or* 1 10-ounce can boiled sliced lotus root, drained
1 large green pepper, cut in strips
1 recipe Dipping Sauce

Prepare Tempura Batter: Let 1¼ cups beer stand at room temperature 45 minutes or till flat. In mixing bowl, combine 1⅓ cups all-purpose flour, 2 tablespoons grated parmesan cheese, 1 tablespoon snipped parsley, 1 teaspoon salt, and a dash garlic powder. Stir in 1 tablespoon cooking oil, 2 beaten egg yolks, and the beer; beat till smooth. Fold in 2 stiff-beaten egg whites. Dip vegetables in batter. Fry in deep hot fat (375°), a few at a time, till golden, 3 to 5 minutes. Drain on paper toweling. Serve vegetables with Dipping Sauce. Makes 6 servings.

To make Dipping Sauce: Heat together ½ cup unsweetened pineapple juice, 2 tablespoons brown sugar, 2 tablespoons vinegar, and 1 teaspoon soy sauce. Makes ¾ cup.

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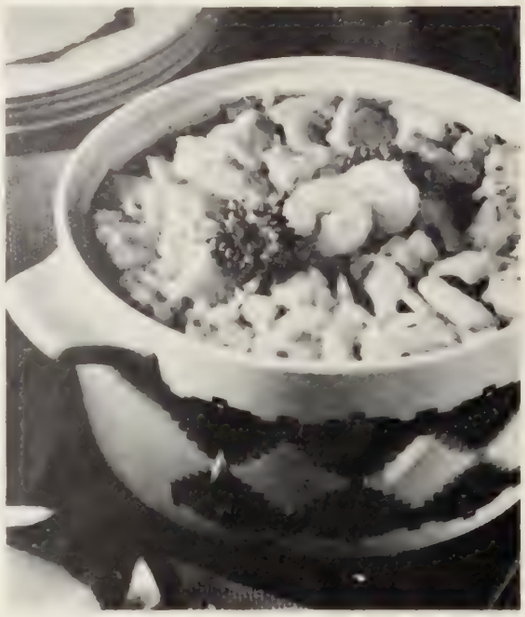
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Stuffing casseroles





Photographs: Dieter



Lots of people think stuffing is what goes ins a turkey—period. Stuff and nonsense! You team stuffing with meat, poultry, or fish company-worthy casseroles. They taste dele able, and they're easy on the budget, too.

SEAFOOD STUFFING SUPREME

½ cup chopped celery
½ cup chopped onion
2 tablespoons butter or margarine
1 can condensed cream of shrimp soup
¼ cup snipped parsley
¼ cup milk
½ teaspoon ground sage
¼ teaspoon dried thyme, crushed
Dash pepper
2 beaten eggs
4 cups dry French bread cubes
1 *or* 2 4½-ounce cans shrimp, drained

In 3-quart saucepan, cook celery and onion butter or margarine till tender but not brov Stir in soup, parsley, milk, sage, thyme, a pepper. Add eggs, bread cubes, and shrim mix well. Bake, covered, in 1½-quart casser in 350° oven for 30 minutes. Uncover; bake minutes more. Garnish with additional shri and parsley, if desired. Makes 5 servings.

RAISIN-BEEF STUFFING

¼ pound ground beef
¼ cup chopped onion
¼ cup raisins
2 tablespoons snipped parsley
1 teaspoon worcestershire sauce
¾ teaspoon ground sage
Dash pepper
1 beaten egg
1 cup chicken broth
5 cups coarsely crumbled corn bread

In medium saucepan, cook beef and onion meat is browned and onion is tender. Remo mixture from heat. Drain off excess fat. Stir raisins, parsley, worcestershire, sage, and pe per. Blend in egg and chicken broth. Add co bread; toss to mix. Turn into 1-quart casserol Cover and bake in 350° oven for 30 minute Makes 6 to 8 servings.

PORK STUFFING CASSEROLE

1 6-ounce package chicken-flavored stuffing mix
2 well-beaten eggs
1 can condensed cream of mushroom soup
1 teaspoon instant chicken bouillon granules *or* 1 chicken bouillon cube
1 cup water
4 tablespoons butter or margarine
2 cups diced cooked pork
½ cup milk
2 tablespoons chopped pimiento
Green pepper rings (optional)

Combine crumb portion of stuffing mix with eg and half the soup. In saucepan, combine se soning packet portion of the stuffing mix wi bouillon granules *or* cube, water, and the butt or margarine; bring to boiling. Stir in crum mixture; mix well. Spread in 2-quart casserol top with diced pork. In another bowl, combi remaining soup, milk, and pimiento. Pour ov pork and stuffing mixture. Cover and bake 350° oven for 45 minutes or till set. Garnis with green pepper rings. Makes 6 servings.

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The two-story extension provided a much-needed kitchen family room complex, and, on the second floor, a larger master bedroom with greatly increased storage space.

With the 12-foot extension, the master bedroom is practically doubled in size and the closet space is more bountiful and convenient. The original part of the room retains its flat ceiling, and the bed and dressing area are located in this cozy space. Beyond this area, the ceiling follows the gabled roof shape. Hardwood floors and lapped wood siding on the high ceiling give the room a touch of warmth. Again, large windows add architectural interest and contribute to the bright, airy feeling of the room. In the end wall, the windows are located high enough to provide a view without sacrificing privacy.

The brick fireplace is the focal point of the new family room. Large casement and fixed glass windows keep the room bright. Recessed spotlights provide additional lighting.

The kitchen was remodeled to gain convenience and increased storage space. At meal- and snack-time, the pass-through makes serving a cinch.

The exterior proves that an addition doesn't have to match the original house. While the shape of the roof and the horizontal siding reflect the lines of the main house, the new windows provide contemporary contrast to the double-hung windows of the original house.





Photographs: Bill Helms. Architect: Finegold and Butlis, A.I.A. Source: Estelle Bond Guralnick

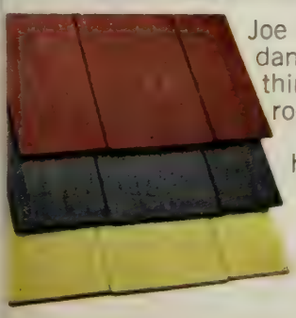




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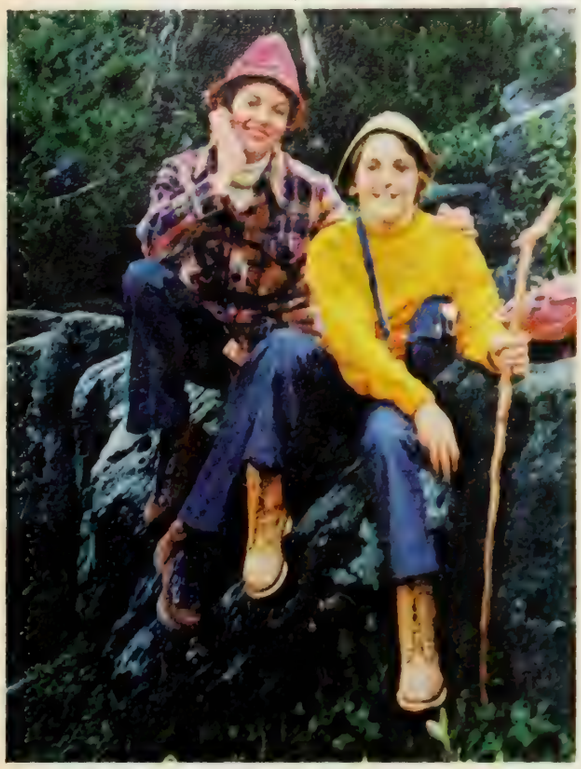
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TWO ON THE TOWN

by Gordon G. Greer

In the average American city, on a typical night, roughly four out of five of the occupied hotel rooms are registered to people who have come to town on business—many to attend sales conferences or professional gatherings or conventions or some sort of corporate get-together. Often the formal meetings turn out to be a drag, but thousands of business travelers now make these trips enjoyable, essentially transforming them from a chore into a pleasure, by bringing their spouses along. Forget those smirking jokes about men on the road; the majority would much prefer to be accompanied by their wives—and wives by their husbands, when the business travelers are women—than to be confronted with the lonely and dispiriting alternatives. This is particularly true of those frequent occasions when other couples from the same company will be on hand to see the town with—or to make anyone who lacks a partner feel left out. Why should one mate pine away on the road—and the other feel equally neglected back home —when they could easily be together, sharing with colleagues and friends the adventure of exploring a big city?

"Because of the cost" is one answer that springs instantly to mind, but the cost might be much less than you'd anticipate. A big-city visit by a husband and wife, when it's made in conjunction with a business trip, is in fact one of the best travel bargains you can find. Assuming that company policy permits such arrangements, the couple can cut expenses by using family-plan air fares and by paying only the difference between single and double room rates—usually a matter of just a few dollars a night. Then when Friday rolls around and the expense account expires, they can stay over for a couple of extra days of pure vacation by taking advantage of the very attractive weekend package plans that are offered by hotels in all big cities. Typically, these packages combine rock-bottom room rates with an assortment of freebie enticements—maybe a pair of theater tickets or a fancy evening meal or a bottle of perfume for the lady. And of course you don't have to be traveling on business to qualify for these Friday-through-Sunday plans. Their intent is to fill more hotel rooms on weekends, when occupancy rates are traditionally lowest, and any couple seeking a mini-vacation in the city will be welcomed with open arms.

If you wonder whether our cities are still worth visiting, yes. Despite the abundance of well-publicized problems—overcrowding, pollution, exorbitant costs, and so on—almost every major city, from coast to coast, has recently changed for the better. If you've been away for several years, the improvements will surprise you. Decayed urban areas have been replaced by spacious parks. Cultural and sports complexes are popping up all over. So are restaurants and theaters and gleaming new museums. Old buildings worth saving have been carefully restored—sometimes next to examples of the most avant-garde architecture. Skylines have been drastically altered.

This article can serve as a guide to recent changes in five cities that are among the most rewarding in the country to revisit. Five others were covered in last month's issue—Los Angeles, St. Louis, New Orleans, Washington, D.C., and, still *the* big city, New York.



SAN FRANCISCO

The hippies have vanished from the Haight-Ashbury district, the Indians have been shooed off Alcatraz Island (whose cell blocks are scheduled to open November 1 for public tours), the once-supreme view from the Top of the Mark is now overshadowed by several others, BART (for Bay Area Rapid Transit) has finally linked the East Bay to downtown by subway, and at the neon-bright corner of Columbus and Broadway a metal plaque of the kind you usually see at national monuments marks the site of San Francisco's latest contribution to the evolution of American culture:

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Clearly, despite its many other changes of late, San Francisco is still a fun-loving, come-what-may town that sees itself as something very special. "Everybody's Favorite City" is the image it flaunts (while Los Angelenos, among others, grind their teeth), and in a brilliant show of smugness its pro basketball team wears uniforms labeled simply "The City"—as if no other metropolitan region in the country could possibly merit that name. At a distance, such immodesty is sometimes hard to stomach. But your irritation softens when you visit San Francisco and discover that the claims are largely justified. It *is* a special city, surely the prettiest in America, and growing more attractive all the time.

Down by the Ferry Building, and throughout the business district, innovative architecture has had a rejuvenating impact. Large, airy plazas now grant pleasant, green relief amidst the energetic thrust of new skyscrapers—most notably in the area of Embarcadero Center, daytime refuge of musicians, sidewalk artists, and office workers who spend their lunch hour around the Vaillancourt fountain, a playful arrangement of huge concrete rectangles.

The most impressive of the towers are the Alcoa Building (whose critics keep asking when they're going to uncrate it, a dig at its exposed diagonal-grid framing); the tall, dark, and handsome Bank of America Center (The Carnelian Room restaurant on the 52nd floor provides a 360-degree view of the city); and the Transamerica Pyramid, new king of the skyline, whose unique triangular outline reaches 853 feet.

Another stunning newcomer can serve as your home base: the Hyatt Regency San Francisco in Embarcadero Center, to give the hotel its full name. Constructed like a modernistic, hollow semi-pyramid, the building has become a tourist attraction in itself. Even if you don't stay there, take a peek at the atrium-lobby; it has 17 stories of interior balconies, live trees, a babbling brook, and a spherical sculpture of anodized aluminum as tall as a four-story building.

Not that there aren't other new hotels you'd enjoy—the Westbury, for instance, at Sutter and Powell Streets, or the Holiday Inn on the edge of Chinatown, or posh Stanford Court on the top of Nob Hill, or the Hyatt on Union Square. And to meet this competition, two prestigious older hotels—the St. Francis and the San Francisco Hilton—have expanded by adding new towers. Each has a restaurant or lounge on top with a spectacular panorama.

San Francisco is so full of great restaurants of all varieties that a survey by the Convention and Visitors Bureau shows that food has become the leading tourist draw—responsible for attracting more people to the city than the cable cars, the Golden Gate Bridge, or anything else. So presumably you know about the food here. But have you heard about the Sausalito boat trips for lunch? The ferry service resumed operations in 1970, with rides that take approximately a half hour each way. The view of the retreating skyline from the water is superb, and Sausalito, when you get there, has lots of fine boutiques and several nifty places that serve meals. The Spinnaker is the toniest (the waiters wear tuxedos), but the Trident (whose waitresses' garb could best be called funky) is far and away more fun; you can sprawl on an outside deck above the water and indulge in a peanut butter and banana sandwich with organic fruit juice.

The publicity bestowed on Ghirardelli Square and on The Cannery, its neighbor near Fisherman's Wharf, has no doubt prepared you for their vast array of pleasures: scores of smashing shops, unique restaurants, plazas, galleries—the prototype of an idea being copied across the country as more and more cities seek to change their old eyesores (Ghirardelli Square is an abandoned chocolate factory and The Cannery was once a Del Monte operation) into tasteful areas for shopping and entertainment.

But other local neighborhoods have been brightened up, too. Jackson Square, for instance, where restored vintage buildings have been turned into imaginative furniture showrooms. And Cow Hollow, on Union Street, out beyond Van Ness. Once the city's dairyland, it's now an eight-block shopping sector whose patios and courtyards and Dutch-door boutiques, all graced with a 19th-century flair, draw browsers by the hundreds on nice days.

And do you know the proper way to end an evening on the town when you and your mate pay a visit to San Francisco? No, not by having a nightcap at the Top of the Mark and observing the city lights from on high. Pretty much the opposite, in fact. What you do is get a car and drive out to the Presidio, to the site of old Fort Point. It's beneath the southern tower of the Golden Gate Bridge. In the nighttime stillness, get out and walk around. Feel the grandeur of the bridge that soars majestically above you, and stand close enough to the seawall for the spray to touch your face. *Then* look across the water at the skyline. You'll know instantly why Tony Bennett left his heart here.





DALLAS

Almost exactly ten years after that dreadful afternoon when Air Force One touched down at Love Field delivering Jack Kennedy to his ultimate appointment, the airport is closing to commercial operations. Travelers headed for Dallas-Fort Worth in the future will land about halfway between the two cities at an ultramodern airport that's the largest ever built—bigger than the entire island of Manhattan, in fact. The transition marks the end of an uncomfortable decade in which millions of Americans have held a grudge against Dallas, a grudge that has outlasted its time.

To be sure, you'll want to visit where the tragedy took place. The site is unexpectedly ordinary. The famous "grassy knoll" is simply that and nothing more. The building from which the shots came is supremely nondescript, in no observable way any different from thousands of others. The name over the door now reads Carraway-Byrd Building, the Texas School Book Depository having moved somewhere else. Today it stands empty and strictly off-limits ("No admittance except on official business"), with nothing to commemorate its place in history except an "X" in black tape on the sixth floor corner window.

The city fathers understandably play down the affair (the plaque in Dealey Plaza is painfully inadequate in its phrasing of the official explanation of what happened), but if you can stand to re-experience the events of that week, the building across the way from where the fatal shots were fired is now a museum with a sound-and-light production that unfolds as tiny lights on a model of the city trace the motorcade's path from Love Field through downtown Dallas to the horror in the street just outside. Two blocks away, the memorial plaza built by the city says all it has to say in three words: John Fitzgerald Kennedy. The concrete structure in the center may bewilder you if you don't understand its intent. Essentially, it's a cenotaph—a grave without a body but where the spirit is eternally present. Roofless, it appropriately stands open to heaven, and the thick enclosing walls provide a feeling of seclusion conducive to prayer—or weeping.

Then it's time to put the national trauma behind you and enjoy the new, rejuvenated Dallas—or, more precisely, the whole metroplex of which the city is merely the core, since many of the most interesting developments in recent years have occurred in surrounding communities. Arlington ("the dash in Dallas-Fort Worth") is now the home of a major league baseball team—the Texas Rangers, née the Washington Senators—and of two hugely popular amusement centers, Six Flags Over Texas and Seven Seas. Grand Prairie adds a third one with Lion Country Safari. Irving has become the headquarters of the Dallas Cowboys, who play football in semidomed Texas Stadium, one of the NFL's most luxurious facilities.

Mesquite, another suburb, has a fantastic new shopping mall—Town East, on multiple levels, entirely covered and air conditioned—which at the moment is the largest in the metroplex although Valley View, now abuilding, will surpass it in that regard. And, not to be ignored, Fort Worth is moving too. Of prime interest to visitors is its new Kimbell Art Center, the latest reason you should plan at least one day at Civic Center, one of the nation's most impressive cultural complexes; other lures include the Amon Carter Museum of Western Art, the Fort Worth Museum of Science and History, Noble Planetarium, Greer Island Nature Center, and the Fort Worth Art Center Museum.

Downtown Dallas boasts a brand-new convention center with "more combined exhibit and meeting space under one roof than any other facility in America." In anticipation of the throngs of conventioneers it will attract, the whole area is sprucing itself up. Several new hotels have been erected downtown—including a Holiday Inn, a Ramada Inn, and the double-towered Fairmont, the cream of the crop, whose elegant Pyramid restaurant is probably the finest in the city—and more are in various stages of planning. Griffin Square, on 32 acres across the street from the convention center, is destined to be a complex of lush apartments and hotels, with the first building already open. The other news downtown is called One Main Place. It's a tower at whose base you'll find lots of dandy shops around an open-air, fountain-graced courtyard.

On a map of Greater Dallas, other points of recent interest would be scattered over the north side like polka dots. To see them, you should probably have a car. The three most intriguing, if that's all you have time for, are the Quadrangle, Old Town in the Village, and Olla Podrida, in order of their distance from downtown.

The Quadrangle is a square block of zingy boutiques that share a Spanish-tinged setting with art galleries and antique shops (more antique shops line both sides of McKinney Avenue in the same neighborhood), a smattering of restaurants, and Theatre Three, where a resident company of professional actors give performances in the round. The best place to eat here is Restaurant Chablis or, just across the street, Victoria Station.

Old Town in the Village is considerably larger but with the same blend of unique shops and an appealing decor, including fountains, wooden walks, and lots of greenery. Some of the city's most popular hangouts are here. For good food, congenial spirits, and lively entertainment, try Daddy's Money, the Sailmaker, and T.G.I. Friday's.

Olla Podrida—which means "all in the pot," to suggest that you'll find just about anything there—is contained in an immense warehouse ingeniously redone to resemble a rustic village. The rebuilding made use of such rare antiques as a cell door removed from the Abilene jail, some English railroad station benches, huge weathered timbers from Waco, Texas, and a stained-glass window from Temple Emanu-El Synagogue. About 45 shops are arrayed on five levels in sort of a mod/old-fashioned atmosphere. Girls in granny dresses bake bread and sell kites, and the Master Potter gives lessons in his workshop. At Granny's Dinner Playhouse, which is under the same roof, a live show follows the dessert.



Chicago

Once upon a time—just five years ago, in fact—the best bird's-eye view you could get of Chicago was from the 41st floor of the Prudential Building, about 600 feet above ground level. Today that's less than half way up the ladder. From the John Hancock Center, known locally as Big John, you can now attain an altitude of 1,000 or so feet and still be more than 400 feet below the highest point on the striking new skyline.

Big John is the perfect starting point for your visit to the city. From the 94th floor (an observation deck), the 95th floor (a ritzy French restaurant fittingly named The Ninety Five), or the 96th floor (a cocktail lounge), you can savor the physical grandeur of Chicago from the optimum vantage point. Architecturally, the city has always been intriguing. Frank Lloyd Wright matured his idea of the skyscraper here, and the growing number of beautifully austere glass-and-steel structures attests to the impact of another local giant, Ludwig Mies van der Rohe. Of the new buildings, the most notable are the Sears Tower, recently topped out as the world's tallest building (110 stories rising 1,454 feet); the brand-new 80-story Standard Oil Building; and Lake Point Tower, whose curvilinear grace dominates the seascape to the southeast.

What else is new in the city? Well, maybe you remember Old Town, once touted as a touch of Greenwich Village in the Midwest. Old Town has settled down into a sedate middle age. An area called New Town is the successor to Old Town as the hub of the swinging singles scene and has many of the same things going for it: funky antique shops, boutiques, artists' studios, coffeehouses, galleries, pubs, and casual eating spots. Its most rewarding streets are Broadway (from 2800 to 3400 north), Clark (2200 to 3500), and Halsted (3200 to 3500).

Many stores in New Town don't open until noon, so you can start by having lunch before you shop. Choices popular with the natives include R. J. Grunts, 2056 Lincoln Park West, a very "in" hamburger and health food restaurant; Grandma's Receipts, 2837 North Clark, a cozy little place with Tiffany lamps and fine antiques; Aesops Tables, 2856 North Broadway, where the Greek food is excellent yet fairly inexpensive; and the new branch of the Parthenon, just two doors south of Aesops, which also specializes in Greek dishes.

The best game plan for exploring New Town is just to follow your whim and stick your head in whichever shops you think look interesting. First People, at 2236 North Clark, displays American Indian, Eskimo, and South American folk art. American Craftsman Shop & Gallery, 2348½ North Clark, has a first-rate collection of American handcrafts, including jewelry, wall hangings, glassware, quilts, dolls, and some dandy baskets. Tivoli Gardens, 2262 North Clark, offers an abundance of design-oriented accessories. Antique shops are scattered along Clark and Broadway, and on Belmont, an east-west street at 3200 north, where Victorian House Antiques, Bazaar Oriental, and Fritzy's are especially arresting. A pleasant way to end your exploration of New Town is by stopping for espresso and Austro-Hungarian pastries—or wine and cheese, if that's your preference—at Kenessey Gourmet International, 403 West Belmont.

Michigan Avenue is of course still as stylish as ever but adorned by many shops that may be new since your last visit. In any event, it's a street worth re-investigating. For a pleasant walking tour, head north from Big John and briefly explore Oak Street before strolling the "magnificent mile." Among Oak Street's special pleasures are the imaginative art at Gillman Galleries and the sophisticated fashions for men and women at Ultimo. Then, as you wander southward along Michigan toward the river, you'll pass the storied smorgasbord of specialty shops that display everything from antiques to smart clothing. Stuart Brent books could keep you browsing for hours. So could Bonwit Teller, on the ground floor of Big John. Tin Pan Alley, on the lower level of the Hancock, is a gourmet's delight with its world of cookery and food.

When you come to Ontario Street, it's time for a detour: Walk east two blocks to the Museum of Contemporary Art. A long, low white building fronted with modern metal sculpture, the MCA is noted for its provocative exhibits and for its stimulating lectures.

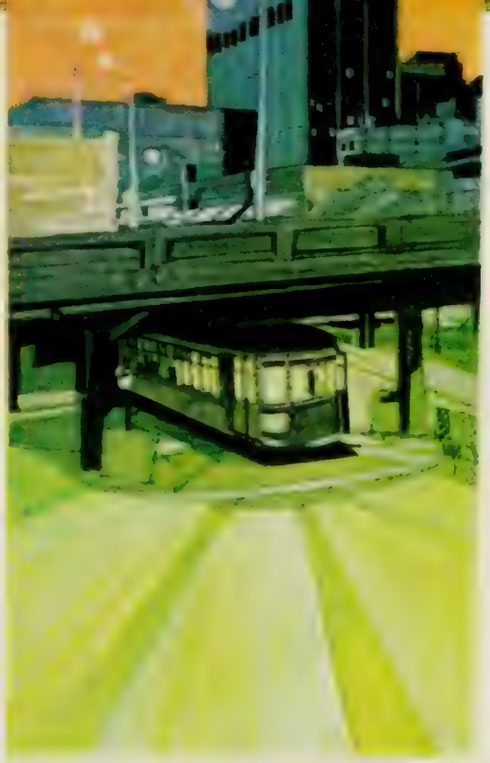
If you're in the market for budget-wise graphics for your home, the Paper Gallery, in the modern building just west of MCA, is the ideal place to find them. And right across the street you'll discover two fine smaller galleries, the Deson-Zaks Galleries and the B. C. Holland Gallery, with oriental rugs as well as paintings. Ron of Japan is a good place to pause for food, or you can return to Michigan Avenue and continue south to the river, then relax by taking a boat ride. There are one- and two-hour tours that give you an unsurpassed view of Chicago's spectacular lakefront.

On previous visits, you may have stayed close to the loop. This time rent a car and wander farther—by taking the Outer Drive in either a north or south direction.

Heading north, past modern high-rises and stately apartments facing the lake, you'll soon reach the lovely residential communities of Kenilworth, Winnetka, Glencoe, and Highland Park, where winding, tree-lined roads link miles of beautiful homes.

If you choose the opposite direction and take the 47th Street exit, you can sample the city's South Side. Often unappealing and sometimes unsafe, this area nevertheless has its virtues. Among them are Harper Court, a spunky arts-and-crafts shopping center located at 52nd Street and Harper; Frank Lloyd Wright's Robie House, at 58th and Woodlawn, in University of Chicago territory; and the Oriental Museum, with great Middle East antiquities, at 58th and University. And don't miss the Henry Moore sculpture called "Nuclear Energy," on Ellis between 56th and 57th; it's built on the Hyde Park neighborhood site where the atom was first unleashed.





Atlanta

Fast on its way to becoming "The World's Next Great City"—the promotional slogan and objective it has chosen for itself—Atlanta is moving forward at such a breathtaking pace that a list of its new enticements (sprinkled with some worthy golden-oldies that relatively few tourists know about) threatens to be outdated before it ever gets in print. Nevertheless, here goes.

Justine's (let's start with restaurants, a cross section of the variety available) reigns supreme for high-class southern cooking served in the gracious atmosphere of a restored antebellum home.

The Midnight Sun, a touch of Denmark in Peachtree Center, offers incomparable open-faced sandwiches for lunch, and such Scandinavian goodies as reindeer steak.

The Abbey, a converted church, is blessed with an excellent wine cellar and an equally good choice of gourmet food.

The 590 West, atop the new Stouffer's Inn, has good food and a fine bird's-eye view of the city.

American Lunch (we're switching now from expensive spots to not-so) feeds truck drivers, hippies, and other hungry people from steam tables loaded with southern delicacies: turnip greens, squash soufflé, hot biscuits, corn bread.

The Southern Club, a boardinghouse favored by Georgia Tech athletes, has an all-you-can-eat policy, a training table atmosphere, and southern bread wolfed down by the basketful.

Auburn Rib Shack, in the city's black section, serves the best soul food in Atlanta.

Harry Baron's, which shares Phipps Plaza with Lord & Taylor and Saks, boasts excellent lox and pastrami.

Paces Tea House, where the menu is chalked on a blackboard in the foyer, provides afternoon dining in a historic restored house where General Sherman's troops were once quartered.

The Little Mermaid is another Danish spot, in Peachtree Center Plaza, with scrumptious open-faced sandwiches.

Enough restaurants? Well, how about some "different" shopping spots? Herewith, an assortment new to most outsiders and representative of what Atlanta now offers:

Butterbean Tent, for games and toys.

Granny Taught Us How, offering stuffed gingham pillows, sunbonnets, doodads, and all kinds of patchwork.

Collector's Cove, a repository of hand-blown glass sculpture.

Corner Cupboard, one of the niftiest of Atlanta's impressive array of craft centers.

Tom James, an exclusive men's store where clothes are fitted photographically.

Goldbrick, for handcrafted custom-designed jewelry, including creations you design yourself and have made up for you.

Farmer's Market, for local produce sold wholesale by its growers; a large, colorful gathering place of grass-roots Americana.

Municipal Market, the black population's market downtown, to which delicious seafood is flown in fresh daily.

Atlanta Auction Gallery, whose fine antiques, sold at reasonable prices, attract interior decorators and connoisseurs.

Vinings, a northwest suburb about 20 minutes from downtown, with several antique shops that sell fine, authentic pieces for prices that sometimes seem absurdly low—Top O the Village, for instance, and The Pavillion House, and Wakefield's.

Sports? The big story in Atlanta this season is Henry Aaron's quest for his 715th home run, which would give him one more than Babe Ruth's lifetime record. Hopefully, he'll break the record in front of the crowd at Atlanta Stadium, the handsome home field for both the Braves and the football Falcons. The second shiny sports palace—for basketball and hockey—is the Omni, a spectacular glass-and-steel structure that opened only last year.

You can sample other sports by taking a short drive from town. In the suburb of Marietta, about a half hour away, amateur polo teams perform (bring a tailgate picnic and have lunch on the grounds). And for an enormously enjoyable and relaxing afternoon, you can rent a raft or canoe from American Adventures and float serenely on the Chattahoochee River.

For culture, in addition to the well-known Civic Center and Memorial Arts Center, where ballets, operas, and symphonies are held, there are a number of commendable smaller galleries to peek in on: Gallerie Illien in the city's "hip" district; Heath Gallery, a classy place with somewhat higher price tags; Reflections, which shows the graphics of such people as Peter Max; Midtown Gallery, with fine work by local artists; and Barclay Gallery, another reason to visit the Phipps Plaza shopping center.

The best live drama in Atlanta these days is the experimental work being done at Academy Theatre, where both original plays and classics are performed. Alliance Theatre, a local repertory company supported by the Arts Center, also makes a praiseworthy effort at serious drama, and the Theatre of the Stars presents visiting big-name actors in Broadway productions.

Casual fun has become synonymous with Underground Atlanta, which you've probably read a lot about already. Underground Atlanta, though scarcely five years old, is already the best complex of its kind in America and the center of the city's after-dark festivities. In this cluster of stores and night spots in a restored part of town—cheerful, carless, charming, safe, a tasteful reconstruction of 1880s and '90s vintage—you'll discover all sorts of distractions, from Ruby Red's Warehouse, where you can join the banjo singalongs, to Lester Maddox's shop, where the proprietor will sell you an ax handle. There are 30 or so restaurants that pamper the palate and gaslighted streets that please the eye. An afternoon (for shopping) and an evening (for fun) is the minimum amount of time you should spend here.

For night life beyond the confines of Underground Atlanta, a trio of enjoyable, offbeat places are Wit's End, home of an excellent satiric revue; La Carrousel, where late-hours jam sessions supply the city's best jazz; and Clarence Foster's, a small "in" place for after-the-show meals.



Boston

Bostonians, who have a rich heritage of self-congratulation, still nod in solemn agreement with what John Adams once noted: "The morals of our people are much better; their manners are more polite and agreeable; they are purer English; our language is better; our taste is better; our persons are handsomer; our spirit is greater; our laws are wiser; our religion is superior." The latest addition to the city's long litany of self-praise is that Boston has succeeded in keeping itself "manageable," as distinct from less fortunate metropolitan regions where urban problems seem sometimes to have gotten out of hand.

For visitors, Boston is manageable in another important sense: it's sufficiently compact so that you can see much of it on foot—during an all-day-long excursion from Back Bay to the waterfront or by dividing such a tour into a number of shorter walks.

The big news in Back Bay is the Prudential complex. Not long ago this area was an eyesore of railroad yards, but now it's a totally revitalized gem locally known as the "Pru." At its center—and a mandatory stop for tourists—is the observation deck atop the lofty Prudential Tower, where for 50 cents you can enjoy a spectacular view of the city and the harbor beyond. Even native Bostonians are sometimes astonished to see how much water surrounds their terrain. At street level, the tower is flanked by shiny shopping arcades. They embrace world-famous stores like Lord & Taylor and Saks Fifth Avenue and a host of adequate eateries (and some uninspired sub shops) sandwiched amidst intriguing boutiques. At night, you'll discover a lively jazz scene at Paul's Mall and moviegoers queued up at half a dozen small cinemas.

The brand-new group of buildings in back of the Pru—very stark and rather awesome, the first time you see them—is owned by the Christian Science Church. There's a triangular Sunday School, an impressive office tower, and a handsome colonnade and reflecting pool, all connected with the beautiful old Mother Church that has long been a tourist attraction.

At Copley Square, which lies only one block away, a fountain-splashed plaza is skirted by a microcosm of Boston's changing skyline. Here, Trinity Church and the refurbished Copley Plaza Hotel cozily rub 19th-century shoulders with the new surrealistic John Hancock Tower, a skyscraper whose mirrored windows have only one flaw: when it's windy, they sometimes blow out. Also on the Square is the famous old Boston Public Library, recently expanded by an attractive addition.

All across the city, this same theme has been repeated: a sense of history reinforced with 20th-century innovations. If Boston were considering a new civic motto, "Continuity in harmony with progress" would suffice.

Another slice of the city recently changed to the eye is now known as Government Center. In the old days this was raunchy Scollay Square, but few reminders of the area's jaded past are still standing. Today the site is dominated by a broad open plaza and by the fabled new City Hall, a brick-and-cement structure, architecturally superb, which also relates with remarkable success to the historic buildings around it.

The whole Center bubbles with vitality and variety—from stops on the city's Freedom Trail (a marked path connecting the foremost historic sites) to the old Sears Crescent building, recently restored, which is topped by a giant teakettle that has been spouting steam in this neighborhood ever since 1860. Pleasant restaurants in the vicinity, if you want to pause here for lunch, include the Sea & Surf and George's coffee shop. Or if you arrive later, there's a swinging cocktail scene at Bette's Rolls Royce.

A few steps from Government Center takes you to famed Faneuil Hall, the so-called "cradle of liberty." It's still being used as it was originally intended in 1742—as a marketplace downstairs and a meeting hall upstairs. "Only in Boston can you buy your eggs/ Where Liberty faltered to its legs. . ." From here, you can follow the red footprints of the Freedom Trail into Boston's colorful North End. This is a modern urban Italian village with all the proper trappings: narrow streets, a small piazza or two, vegetables piled dizzyingly on sidewalk carts, rabbits in the windows of butcher shops, towers of improbable bakery confections—a camera buff's delight at every turn.

The final destination of your tour should be the waterfront. Like other parts of the city, it's simultaneously old and new. What strikes you at first glance is the dynamic melange of working fishing vessels docked next to 19th-century granite wharf buildings, some of which still serve their original function of warehouses. Others, however, have been recently converted into an assortment of modern uses: apartments, art galleries, furniture showrooms, antique shops, and, in several cases, restaurants. One of the most exciting new places to eat here is the brick-and-beamed Rusty Scupper. An older favorite is the tiny "No-Name" Restaurant, a no-nonsense hole in the wall at 15½ Fish Pier, where fish right off the boat go into the pan and onto your plate.

Another welcome newcomer on the waterfront is the Aquarium, designed by Cambridge Seven. It has double spiraling ramps that encircle a four-story tank in which all sorts of wondrous fish abound.

The routing for this tour, if you start at the Pru, is to the Public Garden, then across the Common to Tremont Street and City Hall; from there, you can conveniently stroll through the North End, down Fleet Street, and end up at the waterfront. By no means is it a definitive tour of the city, but at least you'll see enough to judge the validity of the comment—originally made by Oliver Wendell Holmes—that this is the hub of the solar system.

Wouldn't it be nice to have a contest some day to determine which city could outbrag the other, Boston or San Francisco? ■

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TRAVEL WEST

Tony Swan, Western Travel Editor

A special guide to "Two on the Town" cities for readers who live in the Rocky Mountain territory or Far West

Phoenix: oasis of contrasts



The capital of Arizona is a sophisticated frontier-land, part mystic desert, part cosmopolis, and part cowboy and Indian country. A properly imposing skyscraper crowd of downtown municipal and business buildings never upstages the stony mountain scenery, and the resort-rich, swimming-pool suburbs never steal the show from the compelling desertscape. But everywhere in Phoenix and its suburbs oddities abound: sheets of plastic underlie desert gardens to keep them weed-free; house lots, rather than living rooms, are sunken to retain irrigation water delivered on schedule by canals; trunks of citrus trees are painted white to reflect too-intense sunlight; lawns remain fashionable with two wardrobes—Bermuda-grass for summer greenery and ryegrass for winter. Unlike people, cities get high marks for having equivocal personalities, and Phoenix stands at the top of this class.

Restless Americans who have sought ever better life-styles in the Phoenix valley—seekers of open spaces, sunshine, outdoor activities, and business opportunities—have spurred boomtown growth that is beginning to come under the jaundiced eye of some of the "old-timers." Chances are what was desert last year will be developed this, as city suburbs multiply like well-nourished weeds. Established residents, those who moved here, say, five years ago, are beginning to become restive and balk at the prospect of more growth.

The shotgun expansion has brought its share of predictable urban ills: streets mostly laid out with graph-paper monotony; a fair share of neon honky-tonk miles; sprawling shopping centers—at least 100 of them—that checker the valley floor; and, on some days—depending on wind and atmospheric conditions—a gray haze of pollution from copper smelters to the east that drifts across the dazzling blue sky. Perhaps the most bittersweet irony of all is that the proliferation of swimming pools has raised the humidity level, forcing some seekers of a therapeutically dry climate to find another haven.

But the rapid growth has also brought with it preeminently big-city benefits. Of the traditional urban trio—rich cultural fare, choice restaurants, and enticing shops—modern Phoenix amply satisfies both residents and visitors. Among the arts, it favors painters, sculptors, and craftsmen with an array of galleries—35 or so—that intrigue even the reluctant art viewer with innovative works. Restaurants may not rank with the finest in seaside cities like New York or San Francisco, but they make dining out a memorable event. There are superb specialty shops to browse through and buy in. And Phoenix, with its outlying communities, has a fourth and rare treat: room for outdoor sports. At every turn there are golf courses to challenge, horses to ride, tennis to play, and swimming pools to sample.

Of the dozens of hotels, motels, and desert resorts in the area, three are standouts—the Arizona Biltmore, Marriott's Camelback Inn, and Mountain Shadows. They offer a year-round combination of hospitable accommodations and attendant services, frontier fun like chuck-wagon picnics and square dancing, and a wide world of sports facilities.

The Arizona Biltmore, which was gutted by fire last summer and is only now reopening, is the stately one—its aristocratic fortress-like buildings were dreamed up by Frank Lloyd Wright, down to the most elegant stables horses may ever occupy. Camelback Inn has a village touch, its paths winding through cactus and citrus gardens alongside cozy guest *casas*. Mountain Shadows, more grand motel than hotel, is a lively show-biz place with rooms spreading over the palm-planted grounds. Prices range from a low of $17 at Mountain Shadows for a double room in the summer months to an extravagant $75 top at Camelback Inn from January 15 to April 30. But all three have complex rate schedules and should be contacted well in advance for reservations and prices.

In Phoenix, Del Webb's Towne-House—a high-rise, 400-plus unit hotel—offers full service right in the heart of the city's bustling business and financial area. Nearby, a new Double Tree Inn, small but tastefully appointed, offers downtown convenience at reasonable rates. Meanwhile, progress has taken its toll on two Phoenix landmarks. The Hotel Adams is scheduled to be razed, with a new hotel planned on the site of the old. And the venerable Hotel Westward Ho is undergoing massive renovation under new management. Both hotels are located near the brand-new $21 million Phoenix Civic Plaza convention center, which includes a Southwest-Spanish-design theater for performing arts. Two major operations recently added to the nearby Scottsdale scene include the Scottsdale Hilton and the Sheraton Scottsdale Inn and Villas.

For shopping excursions, the place to go is Scottsdale on the northeast edge of Phoenix. Not too long ago a genuine frontier town (streets were dirt until the 1950s), it now appears stage-set pretty, billing itself as "The West's Most Western Town." Here and there hitching posts still decorate the streets on which, tradition says, horses have the right of way.

It's an inviting place. Small boutiques, gift shops, craft nooks, art galleries, and restaurants line the gracefully arcaded and landscaped sidewalks. Any yen for western gear can be satisfied at Porter's: a complete outfit of Levis, hand-finished belt, cowboy shirt, boots, and felt hat runs about $50. McGee's Indian Den is most reliable for Indian goods like Navaho rugs (from $15), Pueblo pottery (from $5) and basketwork (from $15). In the House of Gems, specialties include raw chunks of amethyst (from $10), geodes (from $5) and jeweled tie pins, earrings, and cuff links (from $4). The Fiesta de Mexico features bright Latin-made crafts such as glazed Mexican pottery (from $6) and decorated Peruvian gourds ($12).

More for your Travel Dollar! See page G4 for a listing of free travel information and literature you can order

If shopping runs into lunch-
ne. Scottsdale is a fortunate
t to be. For a light meal of
nburgers or knockwurst or
ad and cheesecake ($2 to $3)
Bombay Bicycle Club is
using with its quirky alcoves
l for-sale paintings. The
apevine is a charming bistro
t specializes in boards of fine
eses ($3.50 for two), loaves of
ad (free), and bottles of wine
om $2). At Lulu Belle, a smart
y '90s lounge, the menu in-
des fancy sandwiches and sal-
(around $1.75 each). Trader
's offers a cool South Sea re-
at and sumptuous salad plates
Bombay chicken and Bengal
food ($3.15 each). For a de-
ous taste of French cooking,
ez Louis stars a plat du jour
mmonly soup, sole, salad, and
sert) for an irresistible $1.75.
In the evening you'll also find
nty of restaurants worth leav-
your resort home for. Among
area's choicest half dozen, La
aumiere heads the list: French
icacies like frog legs ($5.25)
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ved in intimate surroundings.
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ong on shrimp ($4.95) and veal
hes ($4.75). At the Nantucket
bster Trap, a blackboard an-
unces the day's fresh seafoods
d the flights they arrived on),
h dinners for about $5. The
sh black leather booths at the
ckyards Restaurant are ideal
tings for the man-size steaks
chateaubriand ($7.25) and
rterhouse ($13 for two). For
set desert views and city glit-
, diners go to Reata Pass, on
nacle Peak Road: picnic tables
just right for the two-pound
bone steaks ($4.95) served out-
ors with ranch-style informal-
ity. And a little beyond, in Cave Creek, is the incomparable Trois Amis, a convivial French restaurant with expertly prepared fish (around $5) and meat (about $7).

Other diversions beyond the resort enclave are as varied as the valley scenery. Southwest landscapes usually arouse curiosity about the wildlife that lives there. At the Desert Botanicial Garden, 1200 Galvin Parkway, 150 acres are turned over to tough desert plant dwellers, especially bizarre cactus. For closeup acquaintance with birds and animals, the zoo, at 5810 East Van Buren (open daily 9-5; admission $1), features an enormous screened-in enclosure devoted to Arizona creatures. Hawks, quail, iguanas, and a tangle of diamondback rattlesnakes share the limelight with ocelots, javalinas, bobcats, kit foxes, wolves, and a sleek mountain lion.

Indian lore is an interest here too, and the Heard Museum, at 22 East Monte Vista Road, is the best place for instant education. Exhibits focus on prehistoric tribes—their weapons, wild plant foods, and utensils—and exquisite artistry in items like rugs, embroidery work, pottery, and baskets. A special room houses Barry Goldwater's famous collection of kachinas, the boldly carved and painted dolls that represent the spirits of Indian gods. They take the form of rain priests and butterfly maidens, of antelopes, wolves, plumed serpents, and clowns. The museum is open 10-5 Monday through Saturday, 1-5 Sunday. Admission is 50 cents.

Phoenix also has the city park to top all city parks. South

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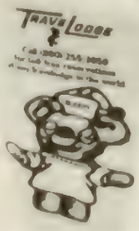
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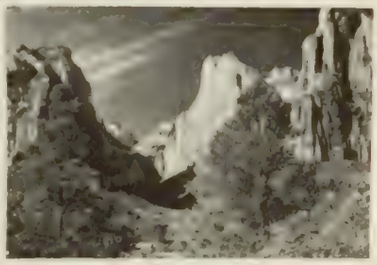


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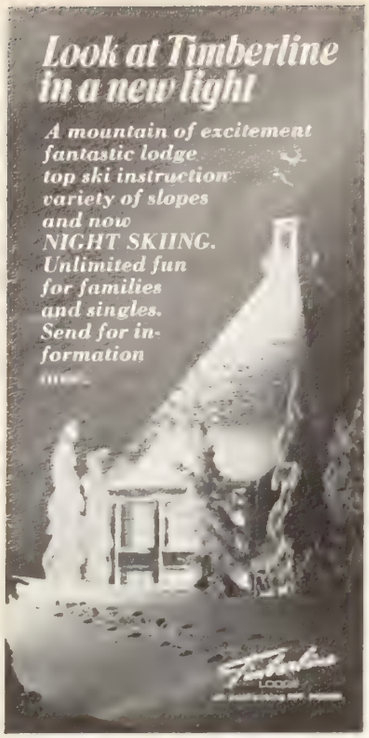
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TRAVEL WEST

Portland panorama

If the last time you vis Portland was more than a years ago, you might as throw away your old postca The skyline has been upd dramatically since the 1960s, most notably with the dition of the 40-story towe the First National Bank of gon, and change extends across the city, which strad the Willamette River just sout its confluence with the Colum

Of course, some things al "The City of Roses" will p ably never change. One is love of flowers—the 15,000 bushes of the famous Internat al Rose Test Gardens in W ington Park have attracted h culturists for decades. (Findi vacant hotel room in Portl during the annual ten-day Rose Fest is highly unlik That's when rose lovers desc upon the city en masse.) Ano constant is the city's devotio the outdoors, evidenced i highly developed parks syst forming a belt of green across hills. Throughout Portland, emphasis is on trees, flow space, and water.

The new civic center, wh has grown up on the edge of old downtown area, conti this tradition. Reflected in black glass of the immense National Bank building are surrounding high-rise condom ums, office buildings, Civic A torium, hotels, restaurants, sidewalk cafes—all carefully ranged according to a plan emphasizes open vistas and br lawns. Serpentine walks w among the buildings and flo ing trees toss their heads arching fountains.

Probably the favorite spo this area for visitors and dents alike is the prizewin Auditorium Forecourt, dire across the street from the re structed Portland Civic Audit um. The block-square slop "minipark" centers around a ries of concrete waterfalls. In evening, colored lights spa across the white water and tract formally dressed conc goers from the auditorium ac the street.

The 3,000-seat Portland C Auditorium was opened in 19 growing from the foundation an earlier auditorium compl in 1917. Only the rear wall of original structure was utilize the new building. The city-ow auditorium, which features struction-free viewing from ev seat and remarkable acous even in the last row of the

Mountain. It ranks as the nation's largest city park with 15,000 acres of rugged mountain and desert terrain, picnic spots, scenic drives, riding and hiking trails, and much more solitude than you would ever expect to get for the 25 cents per car admission charge. The choicest time to be high up in South Mountain is late afternoon as the warm sun starts its daily glowing descent, playing shadow games with the many varieties of cactus and, indeed, with the whole city of Phoenix stretched out below.

An entertaining glimpse of old-fashioned western life-styles awaits in Rawhide, on North Scottsdale Road, a town of 1880s buildings. Among the places that face the dusty street are a sheriff's office, a general store, a stage office, and a blacksmith shop, all authentically outfitted. Also in this neighborhood are ranches, like the Brusally and Lasma, that raise Arabian horses and welcome visitors to see their stables. Not far from here, on Indian School Road, guests can tour Taliesin West, the brilliantly imaginative home Frank Lloyd Wright designed in 1938 as his winter base. (Call 948-6670.)

About a half hour's drive north of Scottsdale are the side-by-side towns of Carefree and Cave Creek. In Carefree, $100,000 homes are usual, some built into rock outcroppings or strung between them, many blended so artfully into the khaki foothills as to be scarcely visible. Streets have self-conscious names like While-away Road and Nonchalant Avenue, and around the intersections of Ho and Hum Roads are flower-hung arcades of gift shops. Cave Creek is a cowboy town with a no-nonsense main street, a scattering of weather-beaten houses and some dingy cowboy bars, like Harold's, decorated with an abundance of quaint claptrap. Together, the two towns—one super-sophisticated, the other frontier perfect—make a clear-cut looking-glass image of Phoenix's engaging contradictions.

For further information, write the Phoenix Chamber of Commerce, 805 North 2nd Street, Phoenix, Arizona 85004.

ond balcony, is home for the Oregon Symphony and the Portland Opera Association, as well as a steady series of road shows and civic events.

A few blocks away, at Broadway and Jefferson, the Oregon Historical Society has moved into a new three-floor headquarters, wherein striking displays emphasize Oregon's Indian and pioneer heritage. Life-size dioramas depict the lives and cultures of Oregon's chief tribes, from the coastal Tillamooks and salmon-fishing Wallawallas to the desert Paiutes. One wall bears illuminated legends of Indian folk-myths, including the Nez Perce version of the Creation. The pioneers are represented by an authentic 1845 covered wagon, complete with vintage equipment, in which a party of early settlers crossed the plains. Nearby, at Park and Jefferson, the Portland Art Museum's new acquisitions also emphasize Northwest Indian arts and artifacts. The Historical Society is open from 10-4:45 daily except Sunday; admission is free. The art museum is open daily except Monday, noon-5 (till 10 Fridays). Admission is 50 cents.

While the new civic center has been taking shape on the slopes south of the downtown district, the older parts of Portland have been getting a face-lift. Along the riverfront, stores dating from Victorian times have been repainted, refitted, and reopened as boutiques, craft shops, and galleries. An old spaghetti factory, at 126 Southwest Second Street, has been made over into a popular restaurant named, unsurprisingly, The Old Spaghetti Factory (dinners from $2.50).

Downtown, a glittering underground arcade called Morgan's Alley, situated under two buildings between Broadway and Washington Street, offers shoppers some 30 small booths and shops with everything from gourmet cookware to Scandinavian handicrafts, and two continental restaurants specializing in French and Spanish dishes. The arcade is open daily except Sunday.

Changes have even come to the famous Portland parks. In Washington Park, the jewel of the system, a new 5.5-acre Japanese Garden spills around a park hillside with five distinct garden forms, each of them carrying out the Japanese ideal of serenity and contemplation. The gardens were donated by the local Japanese Garden Society, and some of the stone lanterns were given by Portland's sister city, Sapporo, Japan. Tucked into one azalea-carpeted corner of the garden, overlooking a quiet pool with a traditional arched bridge, is a ceremonial teahouse, hand-built in Japan and reassembled on the garden site. The garden is open daily in summer. From Labor Day through October 31, hours are 10-4 Tuesday through Friday. Adults $1; kids 6-12 and senior citizens (over 65) 50 cents.



On the other side of Washington Park are Portland's zoo and the Oregon Museum of Science and Industry (OMSI), both of them well-known Northwest fixtures, but both engaged in sweeping changes—the zoo with a redesign of its animal habitats, OMSI with a constantly changing parade of exhibits. The zoo is open 10 to dusk daily. Adults 75 cents; 6-15, 35 cents. OMSI is open 9-5 weekdays, 9-9 Friday, and 9-6 Saturday and Sunday. (Summer hours are 9-6 weekdays, weekends 9-9.) Admission is $1.

The zoo and OMSI do have a new neighbor in the handsome Western Forestry Center, where displays tell the story of forest products and management, with everything from a three-story stylized "talking tree" to working models of a sawmill, plywood plant, and paper mill. The Center is open daily 10-5. Admission is 75 cents.

If you're fond of Northwest oysters, you mustn't leave Portland without visiting Dan and Louie's Oyster Bar on Ankeny in the old downtown area. Filled with Portland memorabilia and nautical bric-a-brac, Dan and Louie's will feed you a fine dinner for as little as $2.50 but you shouldn't miss the Captain's Plate, a $3.50 feast. If you're hungry for a sandwich, Rose's deli on Northwest 23rd Avenue has the best in town from about $1.50, with dinners starting at about $3.25. Be sure to try Rose's pastries, they're worth the calories. Jade West, 1221 Southwest Harrison, serves some of the better Far East cuisine in town, from about $3.50, and the *River Queen*, a former riverboat floating on the Willamette at 1300 Northwest Front, is a good bet for seafood from $4. The London Grill in the elegant Benson Hotel is always reliable for fine dining, from $6, and perhaps the best dining and viewing combination in town is Canlis Restaurant atop the 23-story Hilton. The steak-and-seafood menu is all a la carte, and a full dinner starts at about $10.

After dinner, try the new downtown Ramada Inn or the Three Foools, 424 Southwest 4th Street for good live entertainment; the Top of the Cosmos (atop the Cosmopolitan Motor Hotel, Northwest Union and Holladay) for a great waterfront view; and Athens West, 236 Northwest 6th Street in the old downtown area for an evening of Greek dancing.

There are plenty of fine new hotels and motels in Portland. A couple of the newest are the Ramada Inn at Portland Center ($20 for a basic double) and the Coliseum TraveLodge (from $17). The big Thunderbird Motor Inn Jantzen Beach, on the south bank of the Columbia River, starts at $24. The Hilton, near Lloyd's Center ($24.50), and Sheraton ($21) are only a few years older and are downtown. The Benson remains the best in town, starting at $28 for two.

For more information, write Convention and Tourist Department, Portland Chamber of Commerce, 824 Southwest 5th Avenue, Portland, Oregon 97204. ■

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Hotel Hollywood Park

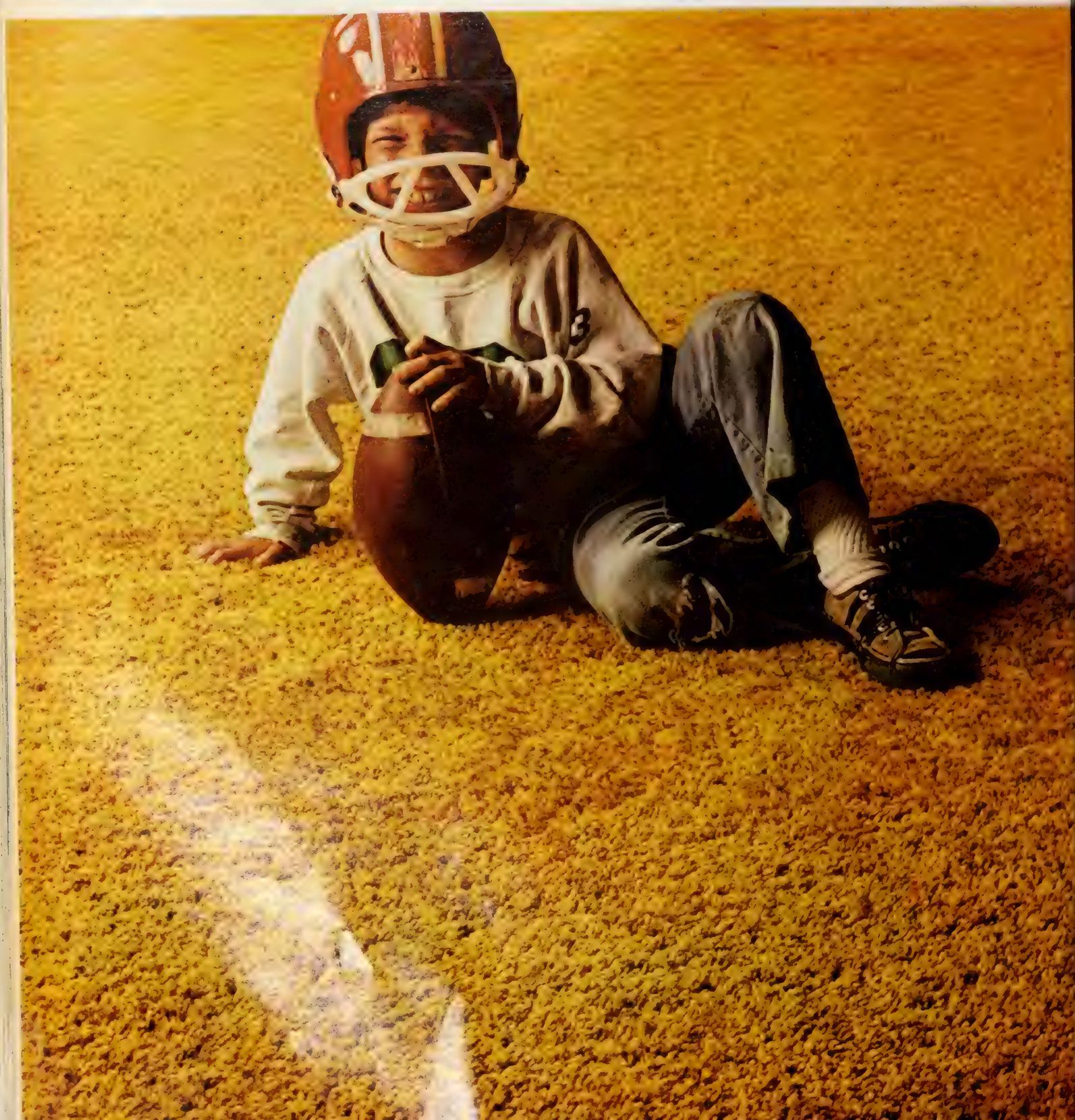


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The unifying power of pattern



Right: An animated paisley design in bright hues of blue and green sprints headlong across walls and ceiling of this inviting country-style kitchen. Keeping the lively pattern under control are built-in cabinets and paneled wall dado of knotty pine.

A handy snack bar wrapped neatly around one corner is surfaced with laminated plastic to match kitchen counter tops. The low-backed chairs are alternately padded in blue and green. Simulated brick floor of vinyl tile underscores provincial mood of scene.



Designer: Robert Manning Source: Barbara C

An 8x10-foot dining room located rectly off the kitchen is identically w papered in paisley. A companion fal was used to fashion tie-on pads for Windsor chairs.

Table and chairs are centered o good-sized area rug which duplica circular shape of the table. Rug col are the same blue and green which dominate in the wall covering. An e trified version of the old kerosene la provides good downward lighting.



Photographs: Re

A lower-level family room, a few st from the dining area, repeats the pai theme, but this time in limited do The pattern slipcovers two armch which cozily flank a 12-foot brick place. A 6x8-inch wood beam forms mantel which displays a collectio glass and china.

Hanging beneath is a nostalgic a of antique cooking utensils. Plan floor is partially covered with ano two-toned area rug in blue and gree

Child's play treats



Photograph: Scott

ARMELITAS

hey taste like a chocolate caramel candy bar—

roll refrigerated chocolate chip cookie dough
6-ounce package (1 cup) semisweet chocolate pieces
32 vanilla caramels
¼ cup light cream or evaporated milk
Pecan halves

lice cookie dough to ¼-inch thickness and place on bottom of x9x2-inch pan, patting to make an even crust. Bake in 375° ven for 25 minutes or till lightly browned. Cool slightly. Sprinkle ocolate pieces over warm cookie base. In top of double boiler, elt caramels in cream, stirring till smooth; carefully spread atop ips. Refrigerate 1 to 2 hours; cut into 1-inch squares and top ch with a pecan half. Makes 36 pieces.



VO-TONE COOKIES

vy to make and easy to store—

ablespoons butter or margarine
cup packed brown sugar
cup granulated sugar
teaspoon vanilla
teaspoon red food coloring
gg
½ cup dairy sour cream
1¼ cups all-purpose flour
¼ teaspoon baking soda
¼ cup chopped walnuts
1 square (1 ounce) unsweetened chocolate, melted

mixer bowl, cream together butter or margarine, sugars, vanilla. d food coloring. Add egg; beat till fluffy. Stir in sour cream. oroughly stir together flour, ½ teaspoon salt, and the soda. adually mix into creamed mixture; stir in chopped nuts. Divide ugh in half; stir melted chocolate into one half. Drop rounded spoons of chocolate dough 2 inches apart on ungreased cookie eet. Drop rounded teaspoons of red dough next to each choco- e mound (they will bake together as one). Lightly press a wal- t half onto each cookie, if desired. Bake in 375° oven for 12 15 minutes. Cool on rack. Makes 1½ to 2 dozen.



Rustic blend of wood and brass, with 4 candles, 4 downlights. P 4391. About $137.



Six-sided, six-lights. Cast bronze in antique gold. P 3672. About $116.

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Watermelon cubes
Honeydew melon balls
Cantaloupe balls
Curly endive
*¼ cup Bac*Os®*

*Arrange melon balls on endive. Shake on Bac*Os chips. Serve with or without dressing. 4 to 6 servings.*



Bac*Os add a lively, appetizing touch to vegetables, potatoes, eggs — you name it. If it's good to begin with, it'll be even better with Bac*Os!

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Bac*Os is a trademark of General Mills, Inc. for chips of soy protein

"Clothes-plus" closets

Does your large closet work hard enough to justify the space it consumes? Look inside these two efficient closets and you'll find ways to make the most of what you have.



Photograph: Bill Hedrich. Hedrich Blessing. Architect: Constantine A. Courpas. Source: Kit Tyson

With the addition of ¾-inch plywood shelves, this ordinary bedroom closet became his and hers closets. Hanger bars on two levels double the husband's usable space, while the more conventional setup on his wife's side allows for dress-length garments. Small items, usually buried in a drawer, are always visible in clear plastic boxes.



Photograph: Lisanti. Architect: Carroll C. Curtice. Source: Abbey E. Dav

This closet is arranged to store things that don't store well in ordinary closets. Shoes, for example, have a way of getting underfoot or under the bed. Here, sturdy drawers keep shoes both scuff- and dust-free. The adjacent drawers offer additional space for sweaters, hosiery, and other items. Open shelves above hold cumbersome items.



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How to plant an evergreen

Plant winter-hardy evergreens now for year-round landscape effect. The sooner you get them in the ground, the more time new roots will have to get established before dead of winter





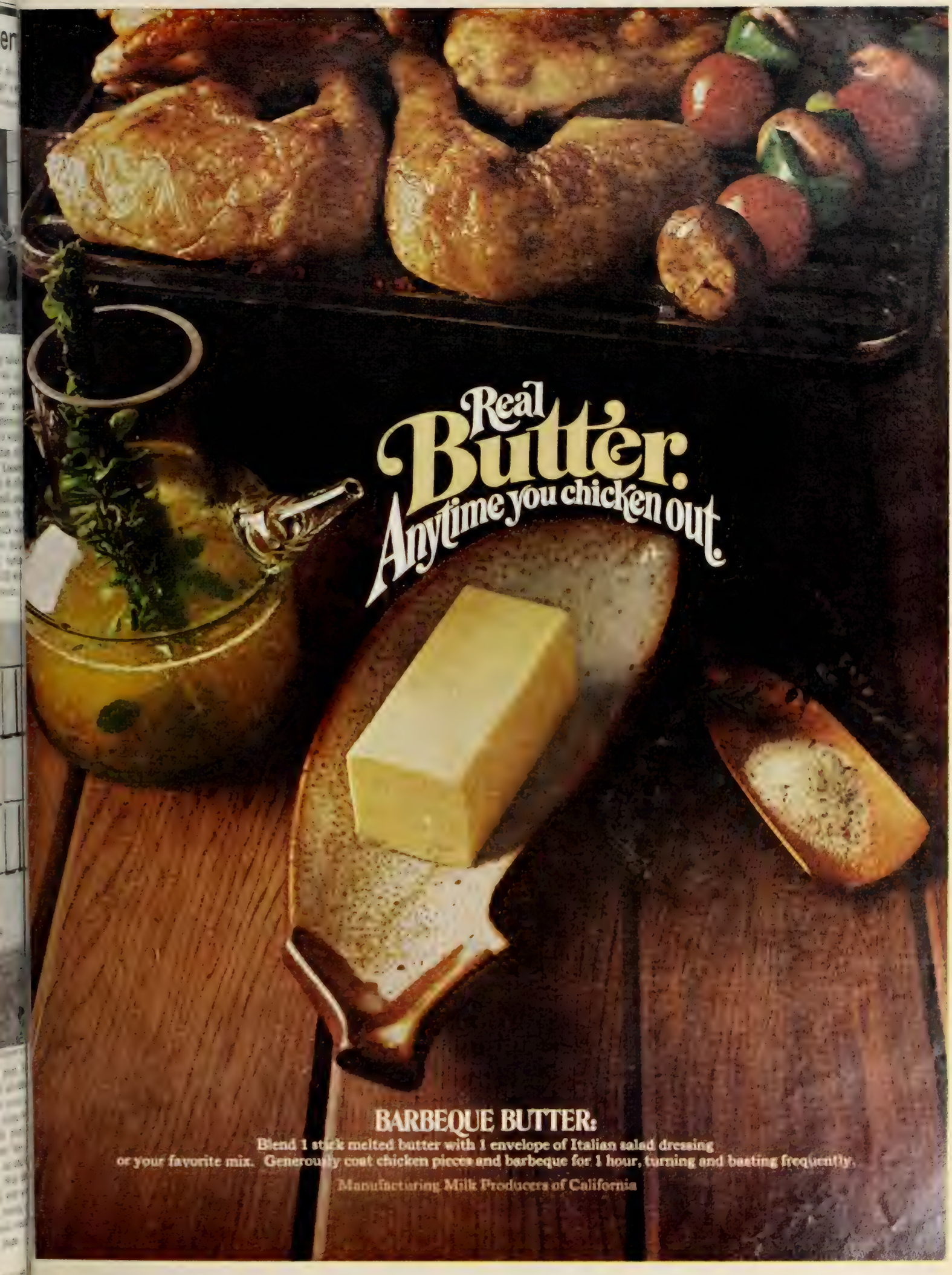
Avoid planting evergreens too close to the foundation of a building. Young plants will grow and spread out. When mature, they shouldn't crowd the wall so there's no air circulation around them. Measure a minimum of 30 inches from the wall and mark the planting spots with stakes. Let your garden center operator help you select small evergreens for foundation use. Trees aren't the answer because they outgrow their location and create undesirable dead air pockets around the home.

Evergreens are commonly balle and burlapped to hold soil i tact for handling. Using a spa handle, measure height a width of the ball to determi size of hole to dig. Make wid of hole a foot wider than t ball and about as deep. Loos tight soil in the bottom of t hole. Then grasp the ball a lower plant carefully into t hole. Center plant and tuck s under ball if needed to ma plant straight. Loosen burl only at the trunk. Backfill wi soil, leaving a basin for water.



Photographs: Hop

Give newly planted evergreens a thorough soaking with the hose. After the water has soaked in, level off with loose soil. Water deeply again a couple of days later. (If, for some reason, you must delay planting, set plants in the shade and keep soil balls moist so the roots won't dry out.) To give plants a longer rooting period into the winter, spread a couple of inches of mulch over the soil around the plant. B a pressurized can of anti-des cant from the garden center a spray the foliage. Coating w the latex allows the plant breathe but prevents loss moisture from wind, sun and l winter temperatures. Soak de ly around the roots with wa just before the soil freezes, a your evergreens should weat the winter in good shape.


Real Butter.
Anytime you chicken out.
BARBEQUE BUTTER:
Blend 1 stick melted butter with 1 envelope of Italian salad dressing or your favorite mix. Generously coat chicken pieces and barbeque for 1 hour, turning and basting frequently.
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Top Ramen Seasoned Oriental Noodles
Nissin Foods, Gardena, California 90249

Try new Top Ramen Skillet Medley with mushrooms.

- 2 tablespoons salad oil
- ½ pound ground beef
- 1 small green pepper, chopped
- 1 medium onion, chopped
- 2 packages Pork Flavored Top Ramen, uncooked
- 1 can (4 oz.) sliced mushrooms, drained
- 1 can (1 lb. 13 oz.) tomatoes, cut into small pieces
- 1 cup grated Cheddar cheese

DIRECTIONS: In a heavy skillet (with lid), brown ground beef in oil. Add green pepper and onion, saute. Drain excess fat. Stir in both packages of soup base, mushrooms and tomato liquid. Break Ramen into small pieces and spread with tomatoes over top of mixture. Bring to full boil; then cover skillet and simmer for 20 to 25 minutes. DO NOT STIR. Remove pan from heat, sprinkle grated cheese over surface, cover and let stand 5 minutes. (6 servings.)

Four-way counter



When something in your house does double duty, you've got yourself a bargain. If it works four ways—like this kitchen counter—you've cornered something really great.

The counter's four primary functions (serving bar, meal preparation center, storage, and room divider) are neatly melded into one complete unit. As shown here, the counter serves as a convenient rush-hour snack bar or as a part buffet. For meal-fixing, the clay-tile counter top comes in handy as an additional work surface. Recessed fluorescent lighting between the rough-sawn cedar beams above gives the area a bright and lively look.

Beneath the work surface, there's abundant and readily accessible storage. Wide cabinets open from two sides. The proximity of storage and work areas to the range and oven makes the counter a real step-saver.

The counter also divides the family room from the kitchen. Two 4x12s at the counter's left help partition the rooms. When the two bar stools are not in use, they tuck out of the way under the counter's ten-inch overhang.

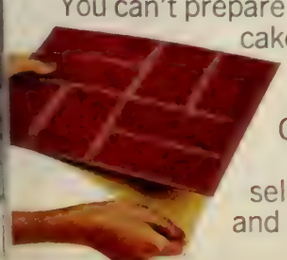
Photographs: Ernest Braun. Designer: Janean, Kitchen Designs. Source: Barbara Cath



It took Judy Baker longer to make the cake than to put down the floor.



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"Preliminary evidence suggests that faithful and continued consumption of a cholesterol-lowering diet over a period of years can reduce the coronary attack rate in middle-aged men."

Journal of the American Medical Association, Dec. 25, 1972

This statement from the AMA Council on Foods and Nutrition also tells us: "There is extensive evidence that the level of cholesterol in the plasma of most people can be lowered by appropriate dietary modification. Generally, such lowering can be achieved most practicably by partial replacement of the dietary sources of saturated fat with sources of unsaturated fat, especially those rich in polyunsaturated fatty acids, and by a reduction in the consumption of foods rich in cholesterol."

We know that Saffola Margarine helps reduce the level of blood cholesterol in conjunction with a low saturated fat diet. Unlike the high-priced spread, Saffola (and, in fact, most margarines) contains no cholesterol. However, unlike most other margarines, Saffola is made from safflower oil—lower in saturated fats—30% higher in poly-unsaturates than corn oil. Why not ask your doctor's opinion about a reduced cholesterol diet for your family?

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Working wall shelves

Some shelves just store, but each of these shelves was d signed to fill a dual purpose. In one instance, a high-plac shelf displays an accessory grouping and doubles as an au iary server. A series of staggered vari-sized shelves integra books, art, and collector pieces while bringing a refreshi design interest to an otherwise blank wall.

Photograph: Manis Designer, Albert Pensis, Source: Kit



A serving shelf was hung higher than usual in this c temporary dining room. And for good reason. When the sl is not being used for serving, it can display a group of deco tive accessories at an easy-to-see height. The shelf sho here is marble, but you achieve much the same effect much less cost) by substituting practical plastic.

Photograph: Lizanti Designer: James Peterson A.I.D., The H. Chambe



While a grass cloth wall covering gives a degree of des interest to these den walls, an asymmetrical shelf arran ment provides the real impact. Cut into varying lengt these walnut shelves have a suspended look despite a f installation. Metal dowels, ⅜ inch size, were inserted i wall studs and allowed to extend four inches. Shelves, w pre-drilled holes, were then slipped over the dowels.

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Write for your free TEMPER-WARE color pattern brochure to Lenox Inc., Trenton, New Jersey 08605.

How to block needlework

If you do any kind of needlework, you should know how to block it once you've finished. Blocking is what gets a wrinkled, warped piece of needlework back into shape again. You use moisture and pressure to smooth, stretch, and straighten knitting, crocheting, needlepoint, embroideries, and crewelwork.

You can block any fabric or knit that you can dampen. Cloth, canvas, and yarns made from fibers such as linen, cotton, wool, nylon, and acrylic will be safe if they are colorfast. If in doubt, cut a small piece of your fabric, wash it, and see if it bleeds or shrinks.

If you're working with non-washable yarn or thread, stretch your design in a hoop or frame. The fabric will stay fairly smooth while you work, and you may be able to just steam the finished item when you're done.

One general rule for all types of blocking is to wash the article first. Launder it gently in cold water with a soap suitable for fine woolens and rinse thoroughly. Wrap in a white towel and squeeze the water out gently. Handle the article carefully to prevent new wrinkles that you'll have to remove later.

Knitting and crocheting

When blocking knitted and crocheted articles, assemble these items: blanket, non-rusting straight pins, brown wrapping paper, large board, white towel, waterproof marking pen.

Draw an outline on brown paper around a similar knitted item that fits well. Wrap the folded blanket firmly around the board and fasten with pins. Put the towel on the blanket and your pattern on the towel. Take your damp knit and put it on pattern. Pat into shape and pin straight down through edge of knit into blanket, along pattern's outline. Use pins as upright fence posts every half inch, smoothing the knit gently between them. Let it dry away from direct heat. Label the pattern and store it so you can use it to reblock your knit after washing.

Needlepoint

You'll need a piece of wood larger than your canvas, a large white blotter, a hammer, ruler, T-square, and non-rusting copper or aluminum upholstery tacks.

Dampen blotter and cover top of board with it. If you've used tent, half-cross, diagonal tent, basket weave, or continental stitches, place work face down on blotter. If you've used other stitches, place it face up.

Pound tacks only halfway in. Position them halfway between your work and canvas edge. Tack down top left corner. Pull to right as hard as possible and tack upper right corner in place. If your work is quite warped, you may need someone to pull while you hammer. Straighten top edge with a ruler and tack every ¾ inch.

Pull the bottom right corner straight down and tack. Check your upper right corner with a T-square and move the bottom tack until the top corner is square. Straighten the right edge and tack along it every ¾ inch. Pull the lower left corner and tack. Adjust the tack until the three remaining corners are square. Straighten and tack the remaining edges.

Let the canvas dry *very* slowly —at least 48 hours. Put it in a cool, unheated place and lay it flat to dry. If it dries too fast, spray it evenly with water. Canvas that dries too fast retains its old wrinkles.

For easier future blocking, use strong canvas, colorfast yarns, and leave two to 2½ inches of canvas unworked on edges. Bind raw edges with masking tape.

Embroidery

You'll need non-rusting thumbtacks, a flat piece of soft wood larger than your work, and a white blotter large enough to cover the wood. Be sure you have a couple extra inches of fabric around the edges so the tack holes won't show.

Dampen the blotter, cover the wood with it, and place your newly washed work face up on the blotter. Put tacks one inch in from fabric's outer edges. Push a tack into the center of the top side, pull down on the straight grain of the fabric, and tack the middle of the bottom edge.

Firmly draw out the center of the right side and tack. Pull across, on the straight grain, and tack the middle of the left side. Straighten the left and right sides with tacks ½ inch apart. Work back and forth, from side to side, keeping the grain straight. Straighten the top and bottom edges the same way. Keep the work flat and let it dry slowly, away from direct heat. ■



ge advice

is one of those neglected
. You use it for turkey
g and maybe a pork roast,
ıe rest of the time it just
the back of the shelf.
at a waste! Sage can do
things for dozens of foods.
omes in two forms, both
available: whole leaf and
d (rubbed). The flavor is
tically bitter in both.

rt with these ideas:

¼ or ½ teaspoon crushed
age to a cheese fondue
ıffle.
d a few finely crushed
aves into cream-style cot-
heese to be served with
tomatoes.
leaf sage inside mild-fla-
fish when baking.
a small amount to baked
beef stew or your favor-
ılash.
ıkle a pinch of dried sage
teaspoon of caraway seed
scuit dough to top a meat
stew.
ground sage on the out-
a pork roast or ham.
he merest suggestion of
to a cream sauce to flavor
dried beef.
generously in homemade
.
er a bit of sage with
tomato soup.
n calves liver with
l sage leaves.
a pinch to cheese bread.
ı little rubbed sage with
d process American
for a flavorful spread for
s or party sandwiches.
ı New England or Man-
clam chowder with sage.
n a liver pâté with
sage.

herbs of any kind, fol-
se suggestions to become
ıing expert.
st enough herb to height-
ıral food flavors. Easy
when you experiment.
ith ¼ teaspoon dried
› four servings of food;
ound meat, poultry, fish;
s sauce, vegetables, soup.
re dried herbs. Crush in
hand before adding—
›s hasten flavor release.
stituting fresh herbs for
ıse three or four times
ed for in the recipe.
erbs at same time as salt
per to meats, vegetables,
nd soups.
g-cooking foods such as
ld herbs during last half
cooking.
ıerbs to juices or cold
ell ahead of time or let
nd overnight.
e seasonings throughout
er. A good rule to fol-
rve just one strongly
dish per meal. ■



With our connections, you can build your own vacation to Hawaii and the South Pacific.

All you have to do is ask your Travel Agent for our booklet called "Hawaii/South Pacific Modular Vacations." And then the fun begins. Because it's full of ideas from American Airlines and Western Airlines on how to design your own vacation.

We call these trips our modular vacations because they allow you to fit together any or all of these sunny paradises: Hawaii, Tahiti, Fiji, Australia and New Zealand. With each, you have a choice of how long you'd like to stay. (For example, you can start your vacation on Western to Hawaii, where you can stay 2, 3, or 4 days. And you continue your trip on American to your next stop in the South Pacific.)

Altogether, there are 18 modular mini-tours from which you can create your own custom-made vacation (including 3 Australia Fly/Drive vacations that give you even greater freedom of choice). And we can show you how to get tour prices without being tied into a tour.

Just decide where you want to go. We'll do all the rest.

Our booklet will also tell you everything you need to know about Hawaii and the South Pacific; details like climate, shopping, tipping. And what each mini-tour offers from hotel accommodations and meals to excursions that let you see more of the local highlights than just beaches. And of course, what each one costs. (You'll be glad to know that our mini-tours start as low as $25 plus air fare.)

See your Travel Agent about modular vacations in Hawaii and the South Pacific. When you go our way, you'll have your own way.

Western Airlines
Hawaii/Alaska/Canada/Western USA/Mexico

American Airlines
To The Good Life.

"The Good Life" © 1963 Paris Music Co. Used by permission.

Staying on the safe side of trucks

Since you've probably never driven a 75,000-pound truck, you may assume it operates much like your car. It doesn't.

You and your car are a much more agile combination on the highway. If you pass a truck and then seconds later slow down to turn off at a roadside stand, for example, the truck driver must shift as many as 15 gears before he can regain cruising speed. While the truck driver is regaining his speed, he must worry about obstructing the car hind him. Also someone try passing the bunched-u and get caught in the wrong

It's safest to drive a posted speed limit. Trucks ally have a lower speed so you won't get in their This is particularly appre on a long downgrade truck drivers try to mak time lost climbing the hill.

At night, it is only co courtesy not to follow *a* hicle so closely that your lights reflect in its mirrors. er follow a truck as clos you might another passeng since the sheer mass of the obscures your forward vis

On dry pavement, a can't stop as quickly as But on wet streets truck stop more quickly than c cause of increased tractio low for these differences.

Air turbulence stirred fast-moving truck can b concerting when the blas your car. Remember, t that this turbulence always es you away from the truc is usually momentary so tive action is not required

When a truck passes the rain, expect a thorough ing of dirty road water. pate this by having your already in action.

Also remember that it likely that a truck drive hear your horn if you ar moving at highway speed.

If you want to pass a flick your lights on and off day or from dim to brig back at night, but don't to high beam until your are past the truck's cab.

Truck drivers depend upon your signals. If yo down ahead of a truck on lane highway without inc whether you are going t to the right or left, the driver can only assume th intend a left turn. If, ho he were sure that you wer ing to the right, he migh safely passed you.

Watch for the tende trucks to pull into the mi the roadway while they' ing through small towns are trying to dodge low-h traffic lights and tree br or attempting to clear a h derpass at the height of

Another unique mane trucks is a right turn. The must swing out in a wide get around the corner, ar is at least one second of b to the rear.

Truck drivers are pro als who will extend man tesies to you. In retur them a wide berth con rate with their size and st



Hormel Chili's got the good taste for the good times. Hearty beef. Tangy juices. Rich chili spices. With beans or without. Hot or not. However you like your chili, Hormel has it. So come and get it. And have a good time.

Hormel. The Good Time Chili.



w to read road map

notorists would just as estle an alligator as at- o refold a road map in g car.

attempt it. But when stationary, do take a this year's maps. They more information than efore.

are suggestions to help the most out of a map. look at the legend. At e you'll discover the classifications that ible you to tell which re multilane, or con- access, free or toll. You which ones are paved, hich ones are scenic Often you'll find com- dates indicated for pro- highways. Highway will identify the inter- .S., primary state and ry state or county typical map contains different kinds of in- n—speed laws, ski golf courses, airports, s, historical places, cit- ges, and ferries.

an determine the mile- your trip by totaling ures shown along the route. The length of ort stretch of road is in blue, and mileages major points are given You also can determine nce by laying a sheet of along your route and the edge of it for each f road. The distance our first mark to your l be the total distance. e paper up to the scale in the legend and deter- w far it is.

the specialty maps in- on most state maps. of cities, metropolitan nd tollway interchanges you figure out the best round a city or to des- s within it. You can ks, museums, and other of interest. Other spe- aps may show national nd scenic areas.

ocate a specific town, up in the index. You e the coordinates to find y on the map. If the u are looking for is too be shown in the index, often locate it on the looking up the coor- of a bigger town you be nearby.

in mind these tips, too. is always up unless a arrow indicates other- ll east-west federal and interstate highways have even numbers, and all north-south federal interstate highways have odd numbers. (Many states number their roads in this way too.) You'll find federal highways with the lowest numbers in the north and east and the highest in the south and west. Interstate highways are the opposite; lowest numbers are in the west and south; highest in the north and east.

Next time you plan a trip, look at your road maps before you start. The place to study a map is in your living or hotel room and not behind the wheel.

CLASSIC FISH CHOWDERS

Bouillabaisse, Cioppino, and New England Clam Chowders







BOUILLABAISSE

Use the extra fish stock for poaching fish fillets or for the base of fish soups—

8 ounces shrimp in shells
8 ounces codfish
8 ounces scallops
6 oysters
1 teaspoon salt
2 quarts water
2 tablespoons minced onion
2 tablespoons minced celery
2 tablespoons minced green pepper
1 clove garlic, minced
½ cup butter or margarine
½ cup all-purpose flour
1 cup cooked lobster (1½ pounds whole or 1 medium lobster tail)

Shell and clean shrimp, saving shells. Tie codfish in cheesecloth bag. Place shrimp, codfish, scallops, oysters, and salt in water; bring to boiling. Reduce heat; simmer 5 minutes. Drain, reserving stock. Place shrimp shells in reserved stock and cook till liquid is reduced to 4 cups. Strain stock through cheesecloth. Cook onion, celery, green pepper, and garlic in butter or margarine till tender. Stir in flour. Add 2 cups of the stock; cook and stir till thickened and bubbly. Dice shrimp, codfish, scallops, and lobster; add to thickened soup with oysters. Heat through. (Refrigerate remaining fish stock for future use.) Makes 4 to 6 servings.

CIOPPINO

¼ cup finely chopped onion
3 cloves garlic, minced
1 tablespoon snipped parsley
¼ cup olive oil
1 28-ounce can tomatoes
1 15-ounce can tomato sauce
1½ cups water
1 teaspoon salt
½ teaspoon dried oregano, crushed
½ teaspoon dried marjoram, crushed
½ cup dry white wine
2 12-ounce uncooked lobster tails, cut in serving pieces (shell included)
1½ pounds whitefish (sole, haddock, halibut, or cod), cut up
⅔ pound cleaned raw shrimp (1 pound in shell)
24 clams in shell* *or* 3 7½-ounce cans minced clams, drained

In Dutch oven, cook onion, garlic, and parsley in hot oil till onion is tender but not brown. Add undrained tomatoes, tomato sauce, water, salt, oregano, marjoram, and a dash pepper. Cover; bring to boiling. Reduce heat; simmer, uncovered, for 20 minutes. Add wine; simmer 10 minutes more. Stir in seafood, adding drained clams last. Cover tightly; bring to boiling. Reduce heat; cook slowly for 15 minutes. (Clam shells will open during this time.) Makes 6 servings.

*To prepare clams in shells: Scrub shells. Allow clams to stand in cold salted water for 15 minutes (⅓ cup salt to 1 gallon water). Repeat twice. Refrigerate till ready to use.

NEW ENGLAND CLAM CHOWDER

24 medium quahog clams *or* 2 7½-ounce cans clams *or* 1 pint fresh shucked clams
4 ounces salt pork, minced
4 cups diced, peeled potatoes
1½ cups water
½ cup chopped onion
1¾ cups milk
1 cup light cream
¼ cup milk
3 tablespoons all-purpose flour
1½ teaspoons salt
Dash white pepper

If using clams in shell, place them in large kettle and add 1 cup water. Cover and bring to boiling. Reduce heat; steam just till shells open, 5 to 10 minutes. Remove clams from shells. Dice clams, reserving ½ cup clam liquor. In saucepan, cook salt pork till crisp. Remove any lean portion of pork; reserve. Add the potatoes, 1½ cups water, onion, and reserved clam liquor to drippings. Cook, covered, till potatoes are tender, 15 to 20 minutes. Add clams, the 1¾ cups milk, and the cream. Blend together remaining milk and the flour; stir into chowder. Heat to boiling, stirring occasionally. Add salt, pepper, and salt pork. Makes 6 servings.

posing ters

heavy furniture around
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can glide furniture aside
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Or it is an easy job to
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casters

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come in the *round ball*
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neter; *single wheels* of
lack plastic, from 1¼-
; *broad wood wheels*,
r bed frames; *double*
pianos; and the popu-
lar ball with a circular *slanting rim*. Sizes range from 1⅝- to 3-inch diameter. Rims may be metal, rubber, or plastic.

Casters with slightly "offset" wheels can swivel. If the wheel is directly centered, it can move only in two directions. You might attach non-swivel casters on appliances or on any built-in unit which slides only *in* and *out*.

Consider the surface on which furniture will roll when making your selection. For any hard surface, wood or vinyl, choose a non-marking rubber wheel caster. For a carpet, choose a plastic wheel or metal ball. ■



Freeze it. Bake it. Reynolds Wrap proved it can take it. It's strong all over.

We froze Heavy Duty Reynolds Wrap at 100° below zero. Then baked it at 750° above. And it was still strong and flexible.



So you can count on it to freeze foods perfectly, to protect foods for storing and wrapping and to stay strong under high heat. It resists tearing and puncturing ...it's oven-tempered for flexible strength. Reynolds Wrap is strong all over, and you can count on it.

Strong. For "Double Batching".

It's a new Reynolds Wrap idea to save you time and work. Just double the recipe. Bake one batch, freeze the second. And there it is, ready any time to pop into the oven. And the batch you freeze stays moist and fresh because Heavy Duty Reynolds Wrap seals in the flavor and juices. Keeps out harmful air to prevent freezer burn. Try this new Double Batch recipe and then double batch your own favorites. It works beautifully.

Double Batch Shrimp Florentine

Each batch serves 4.

4 packages (10 oz. each) frozen chopped spinach
3 lbs. shrimp, cooked, shelled and deveined
½ cup butter or margarine
½ cup flour
3 cups milk
1 cup dry white wine
½ cup chopped scallions
Salt, pepper, paprika
2 cups (8 oz.) shredded cheddar cheese
Heavy Duty Reynolds Wrap

Preheat oven to 350°. Line two 9" pie pans with Heavy Duty Reynolds Wrap. Thaw and drain spinach. Spread half of spinach in each pie pan and top with shrimp. In a saucepan, melt butter, stir in flour. Then gradually add milk, wine, scallions.

Cook, stirring constantly, over low heat, until sauce bubbles and thickens. Add salt, pepper to taste and enough paprika for rosy color. Pour sauce over shrimp. Sprinkle with cheese. Bake one batch uncovered for 35 minutes or until bubbly.

Freeze the second batch. When frozen solid, lift from pan. Overwrap with Heavy Duty Reynolds Wrap and return to the freezer. When ready to bake, replace the frozen block in pie pan and bake uncovered in 350° oven for 1 hour or until bubbly.



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Kits contain everything you need except the plants, including: a custom-made glass bottle as indicated, organically balanced planting soil, charcoal soil conditioner, crushed white rock, planting tool and complete planting instructions. Make great gifts, too. Save 50% or more of the cost for a planted terrarium of comparable quality.

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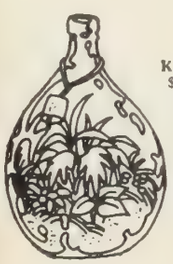


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Kit #5223. Only $14.99 postpaid. Features 15" tall, 2 gal., clear glass Carboy bottle.

Kit #5224. Only $16.99 postpaid. Same as #5223 except 20" tall, 5 gal. size.





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New room for family fun

An active family of four needs room for recreation, but Mr. a Mrs. Gordon Forsyth couldn't find it in their space-starv house. Then, with the help of an architect, they found the pr fect solution right under their own bedroom. Here's how th made their problem-solving addition pay off.

Photographs: David Jordan, Architect: William F. Hayes, A.I.A.



The picture at left shows the mas bedroom atop the new family room. Bef remodeling, however, the bedroom jute out above an open patio. The Forsyths d cided to get the space they needed by c closing the patio. And to recapture th lost patio, they simply added a new outd area adjacent to the family room additi Outdoor game equipment and garden sp plies are handier now, with a storage clo attached to the new building. At nigh plenty of floodlights keep the patio re to use—even for table tennis.



Inside, the newly gained space make easy to enlarge the crowded breakf nook. A combination buffet/bar serves so as a storage cabinet and room divi From here, the owners can "tend bar" d ing adult parties, or use the bar for a ser center. The 14x21-foot family room is s separated from the older portion of th house by a sunken floor level that a architectural interest.



In the corner opposite the buffet capsule kitchen, complete with sink an frigerator. This saves wear and tear on main kitchen, while also providing a ha snack and beverage center for var family-room and patio activities.

Buying guide

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

HE COOKS—ARTICHOKE ENTREE
Page 14 (bottom): Serving fork—Oneida Ltd. Silversmiths, Oneida, N.Y. 13421.

HOW TO MAKE THE MOST OF YOUR FONDUE POT
Page 82 (left): Fondue pot—Swedish Prods., Inc., 6228-32 N. Clark St., Chicago, Ill. 60626. Mugs—Bruce Fox Wrought Metals, Inc., 1909 McDonald Lane, New Albany, Ind. 47150. Plates—Etco, 50-20 Ireland St., Elmhurst, L.I., N.Y. 11373. Forks—John Oster Mfg. Co., 5055 N. Lydell Ave., Milwaukee, Wis. 53217. (Middle): Tray—Formica Corp., 120 E. 4th, Cincinnati, Ohio 45202. (Right): Beer steins—Riekes-Crisa Corp., 2916 Cumming, Omaha, Nebr. 68131.

IDEA ROOMS
Page 84 (top): Piano—Wurlitzer Co., DeKalb, Ill. 60115. Guitar—Epiphone, Div. of Chicago Musical Instrument Co., 7373 N. Cicero Ave., Lincolnwood, Ill. 60646. Lamp and light fixture—Lightolier, 346 Claremont Ave., Jersey City, N. J. 07035. Counter tops—Formica Corp., 120 E. 4th St., Cincinnati, Ohio 45202. (Bottom): Ceiling—Armstrong Cork Co., Lancaster, Pa. 17604. Ceiling track lights—Lightolier, 346 Claremont Ave., Jersey City, N. J. 07305. Carpet—"Colony Point" Herculon by Ozite Corp., 1755 Butterfield Rd., Libertyville, Ill., 60048. Cushion fabric—Spring Mills, Inc., 1430 Broadway, N.Y., N.Y. 10018. Rug throw—M. A. Knutsen, 115 Grand Ave., West Des Moines, Ia. 50265.
Page 85 (top): Slide projector—Bell & Howell, 7100 McCormick Rd., Chicago, Ill. 60645. (Bottom): Facing of cube storage table—"Plexiglas" by Rohm and Haas, Independence Mall West, Philadelphia, Pa. 19105.
Page 86 (top): Card table—Cosco Household Products Inc., Columbus, Ohio 47201. Flooring—Armstrong Cork Co., Lancaster, Pa. 17604. Chairs—Krueger Co., 1056 W. Mason St., Green Bay, Wis. 54306. Vertical blinds—Al Burkhardt Custom Shade Co., 1152 Second Ave., N.Y., N.Y. 10021.
Page 87 (top): Sewing machine—J. C. Penney Co. Inc., 1301 Ave. of the Americas, N.Y., N.Y. 10019. Dress form—The Singer Co., 30 Rockefeller Plaza, N.Y., N.Y. 10020. Television—RCA Corp., 600 N. Sherman Dr., Indianapolis, Ind. 46201. (Bottom): Stereo and tape player—RCA Corp., 600 N. Sherman Dr., Indianapolis, Ind. 46201.
Page 88: Fireplace—Majestic Co., Huntington, Ind. 46750. Table, chairs, and storage unit—Conant Ball Co., 60 W. Lynde St., Gardner, Mass. 01440. Loom and bench—Nilus Leclerc, Inc., CP 69, L'Isletville, Quebec. Ceiling lights—Lightolier, 346 Claremont Ave., Jersey City, N.J. 07305. Flooring—Congoleum Ind., Inc., 195 Belgrove Dr., Kearny, N.J. 07032. Quarry tile—American Olean Tile Co., Lansdale, Pa. 19446. Area rug—M. A. Knutsen, 115 Grand Ave., West Des Moines, Ia. 50265.
Page 89 (top left): Stackable dinnerware—Heller Designs, Inc., Heller Design Inc., 200 E. Prospect, Mamaroneck, N.Y. 10543. (Top right): Tape player and stereo unit with record player—Zenith Sales Corp., 1900 N. Austin Ave., Chicago, Ill. 60639. Lamp on shelf—Lightolier, 346 Claremont Ave., Jersey City, N.J. 07305. (Bottom): Chandelier—H. A. Framburg & Co., 941 Cernon Dr., Bellwood, Ill. 60104. Dart board—Kenton Collection, P.O. Box 34257, Dallas, Tex. 75234.
Page 90: Chairs and ottoman—Kroehler Mfg. Co., Naperville, Ill. 60540. Lamps—Luxo Lamp Corp., Port Chester, N.Y. 10573. Plastic wall mirrors—"Plexiglas" by Rhom and Haas, Independence Mall West, Philadelphia, Pa. 19105. Pillows and throw—John Strauss International, 160 E. Erie St., Chicago, Ill. 60611.
Page 91 (top): Television—Zenith Sales Corp., 1900 N. Austin Ave., Chicago, Ill. 60639.

SATELLITE BUFFETS
Page 92: Plates and bowls—"Staccato" Temperware by Lenox, Inc., Prince & Meade, Trenton, N. J. 08605. Flatware—"Amphora" by Gorham, 333 Adelaide Ave., Providence, R.I. 02907.
Page 93 (top): Dinnerware—"Mimosa" by Ellis-Barker Silver Co., Inc., Exclusive China Div., 11 E. 26th St., N.Y., N.Y. 06450. Flatware—"Lucite" Supreme Cutlery Corp., 1214 Broadway, N.Y., N.Y. 10001. Goblet—Sheridan Silver Co., Inc., 90 Ingell St., Taunton, Mass. 02780. (Center): Plates, salt & pepper—"Westbury" by Denby, 4688 Paddock Rd., Cincinnati, Ohio 45229. Flatware—"Pierced Baroque" by Gorham, 333 Adelaide Ave., Providence, R.I. 02907. (Bottom): Plates—"Sprite" Temperware by Lenox, Inc., Prince & Meade, Trenton, N. J. 08605. Goblets—"Festival" by Riekes-Crisa Corp., 1818 Leavenworth, Omaha, Nebr. 68102. Tumblers—"Regulus" by The Silver City Glass Co., Inc., 122 Charles St., Meriden, Conn. 06450. Glass Box—Custom Imports, 611 Ducommun St., Los Angeles, Calif. 90012.

FORGET ENTERTAINING
Pages 94 & 95: Bread board with dishes—Copco, Inc., 230 5th Ave., N.Y., N.Y. 10001. Flatware "Ritas Galaxy" and china "Hanover Fair" — Trans-Ocean-Bridge, Inc., 1140 Isaac Newton Sq. N., P.O. Box 386, Reston, Va. 22070.
Pages 96 & 97: Bowls from left to right—"Stuccato," "Percussion," and "Sand Dunes"—Lenox, Inc., Prince and Meade, Trenton, N. J. 08605.
Pages 98 & 99: Roll dish—Rosenthal, U. S. A. Ltd., 411 E. 76th St., N.Y., N.Y. 10001. Platter—Block China Co., 25 E. 26th St., N.Y., N.Y. 10010. Casserole—Dansk Designs, Inc., Radio Circle Rd., Mt. Kisco, N.Y. 10549. Casserole—Cuteo, Wear-Ever Aluminum, Inc., 1089 Eastern Ave., Chillicothe, Ohio 45601. Sauce dish—N. S. Gustin Co., 712 S. Olive St., Los Angeles, Calif. 90014. Cheesecake dish and coffee service—Block China Co., 25 E. 26th St., N.Y., N.Y. 10010. China—"Gold Brown Chromatics" Block China Co., 25 E. 26th St., N.Y., N.Y. 10010. Butter dish—Tablerie, Inc., 1033 3rd Ave., N.Y., N.Y. 10021. Flatware—Nortake Co., Inc., 212 5th Ave., N.Y., N.Y. 10010.
Pages 100 & 101: Casserole (left & top right)—Denby, 4688 Paddock Rd., Cincinnati, Ohio 45229. Serving dish (right)—Cardinal China, P.O. Box D, Carterett, N.Y. 07008.

PRIZE TESTED RECIPES
Page 111 (left): Dinnerware "Lynwood" by Corning Glass Works, Corning, N.Y. 14830. (Right): Bowls—Rosenthal U. S. A. Ltd., 411 E. 76th St., N.Y., N.Y. 10021.
Page 112 (top left): Saucers—"Yuma" by Independence Ironstone & Glass, INTERPACE Corp., 240 Cherry Hill Rd., Parsippany, N.J. 07054. (Top right): Glass "Mushrooms"—Owens-Illinois Glass Co., Owens-Illinois Bldg., 405 Madison Ave., Toledo, Ohio 43604. (Bottom right): Pitcher—Ekco Housewares Co., 9234 W. Belmont Ave., Franklin Park, Ill. 60131.

LUSCIOUS LAYERS OF CHOCOLATE
Page 118 (bottom): Tray—Plummer-Mc-Cutcheon, 148 E. 57th St., N.Y., N.Y. 10022. Cups and saucers—"Applique" by Franciscan, INTERPACE Corp., 2901 Los Feliz Blvd., Los Angeles, Calif. 90039. Server—Lunt Silversmiths, Greenfield, Mass. 01301. (Top) Spoons—"New Charm" by Lyon, International Silver Co., 500 S. Broad St., Meriden, Conn. 06450. Saucers—Franciscan, INTERPACE Corp., 2901 Los Feliz Blvd., Los Angeles, Calif. 90039.

SKINNY SALAD DRESSINGS
Page 128 (top) Salad plates—"Nora" by Mikasa, 25 Enterprise Ave., Secaucus, N. J. 07094. (Middle) Pitcher—R. I. Brodegaard & Co., Inc., 225 5th Ave., N.Y., N.Y. 10010.

A QUICK COURSE IN ORIENTAL COOKING
Page 146 (left): Wok—Hamilton Beach, Scovill Mfg. Co., 99 Mill St., Waterbury, Conn. 06720. (Middle) Dessert plates—"Franciscan Gourmet" by INTERPACE Corp., 2901 Los Feliz Blvd., Los Angeles, Calif. 90039. (Right) Tempura pan—Panasonic (Matsushita Elec. Corp. of America), Pan-Am Bldg., 200 Park Ave., N.Y., N.Y. 10017.

OFFBEAT PUMPKIN TREATS
Page 164 (bottom) Pitcher and plate—Independence Ironstone & Glass, INTERPACE Corp., 240 Cherry Hill Rd., Parsippany, N. J. 07054. Glass, Owens-Illinois Glass Co., Owens-Illinois Bldg., 405 Madison Ave., Toledo, Ohio 43604. (Top right): Tongs—B.I.A. Cordon Bleu, Inc., P.O. Box 627, Burlingame, Calif. 94010.



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Does your pet have an ALLERGY?



Allergies are as much a plague to pets as they are to people. The unfortunate difference is that an animal can't tell you what's bothering him. That makes allergies in the animal world even harder to identify.

WHAT IS AN ALLERGY?

By definition, an allergy is an exaggerated response to a normal stimulus. Stated more simply, if your pet reacts to a substance that has no effect on other dogs or cats, he's allergic. Actually, an allergic response occurs when the body's immunity-giving mechanism acts wildly out of control. In trying to protect your pet's body from substances which pose no threat, this misguided mechanism generates symptoms that cause him severe discomfort or even serious illness.

These symptoms often don't seem to be associated with the allergen, the cause of all the trouble. Your dog might breathe in a pollen, something that would logically lead to sneezing, but his reaction might be violent itching around his face and feet. Your cat could eat a food to which he is allergic. You'd expect an upset stomach—but he breaks out in a sneezing spasm. The reason is that the discomfort an allergy causes is usually due to a body-produced chemical called histamine. And a histamine reaction can take many forms. It might dilate small blood vessels anywhere in the body, or cause swelling of tissues, or make smooth muscles contract, causing a sneeze or even vomiting.

WHAT ARE COMMON PET ALLERGIES?

Allergies may be classified into two categories based on how long it takes for your pet to develop a reaction following exposure to a particular allergen. Immediate-type allergies usually become evident a few minutes or hours after contact with the allergen. The more common examples are parasitic, inhalent, food, and d allergies. Delayed-type allerg are reactions which appear 24 hours after contact. Comm forms are infection and cont allergies.

Parasitic allergies

Parasitic allergies, the most co mon variety, include reactions the bites of skin parasites (ma ly fleas and mites) and to stings of bees, hornets, and wass *Urticaria* (a term describing condition people experience hives) is the most common action to insect stings. And *p ritus* (extreme itching) is the m common response of an allergic to the bites of parasi

Some pets can tolerate sco of fleas and never scratch. pets that are allergic to fl scratch like crazy after being ten by just a few.

Mange is thought to be allergic reaction to certain ki of mites. The reason for t theory is that many dogs p host to the mange mite, but j an unfortunate few actually sh the symptoms of the disease, h loss and raw skin areas.

Inhalant allergies

Most allergic skin conditions pets are caused by inhaling w pollens, house dust, and mo Allergic reactions to tree poll are less common than those to weeds. Skin allergies to gr pollens are rare.

Severe itching is the most co mon reaction. Most of the s lesions that often develop ar result of the allergic pet's inte scratching and biting. Sympto often resemble those of a per who has hay fever. Sneezi tearing, eye inflammation, a nasal discharge are the most miliar signs. Although your may itch all over, he'll mo rub his face and bite or lick feet. Itching usually begins in spring or summer and ends w the onset of colder weather.

continued


Calories
Apple (1 medium) 76
Grapefruit (raw/medium/½) 60
Cottage Cheese (1 cup/creamed) 240
Cantaloupe (small/½) 55
Fruit Cocktail (8-oz. cup/with syrup) 200
Beef, ground (4 oz.) 315
Chicken (broiled, 3 oz.) 115
Lobster (6 oz.) 135
Sole (2 fillets/frozen) 88
Egg (1 boiled) 80
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continued

Does your pet have an allergy?

Food allergies

Dogs and cats allergic to different foods typically will suffer from skin disorders or digestive upsets. Skin problems vary from simple scaly dandruff to severe wounds animals inflict upon themselves trying to relieve the itching. Shellfish is a common offender, but some pets are allergic to such natural foods as horsemeat, beef by-products, and fish.

You can control your pet's menu, so it should be relatively easy to isolate the food causing the allergy. Try feeding your dog or cat different kinds of food—each specific type for a period of a week. If there's no evidence of skin lesions or diarrhea, it's probably safe to assume your pet isn't allergic to that specific food. If diarrhea, vomiting, or itching develops after feeding a new food, most likely your pet is sensitive to it. The final diagnosis, however, should be made by your veterinarian.

Drug allergies

Almost any drug can cause an allergic reaction, but this phenomenon isn't too common in domestic pets. Among drugs that may cause problems are penicillin, thyroid extract, and some vitamins. There's no typical or specific pattern to drug reactions. Symptoms may vary from small, non-inflamed sores to generalized redness or hives over much of the body. And the same drug can cause different reactions in different pets. Severe reactions, though rare, can be fatal. For this reason you should be aware of any specific drug that has caused an allergic reaction in your pet, and make sure your veterinarian has this information in your pet's medical files.

Infection allergies

Certain bacteria and other microorganisms can cause allergic reactions that are sometimes as serious as the infectious disease itself. Although this is especially true of bacteria which produce toxins, allergic reactions also have resulted from certain types of fungus infections. What happens is that the infectious organism that makes your pet sick also triggers an allergic reaction. He may cough, itch, or exhibit any number of symptoms that usually aren't associated with the disease he's suffering from.

Skin and contact allergies

Allergic contact dermatitis can be caused by a wide variety of chemicals. It is the most common form of skin allergy in people, with poison ivy being the classic example. Luckily for pets, animals do not contact as many allergens as people do. Your pet's coat acts as a protective barrier. Among items that can cause allergic contact dermatitis are leather harnesses, grasses, insect powders and sprays, flea collars, paint, and wood preservatives.

HOW TO HELP AN ALLERGIC PET

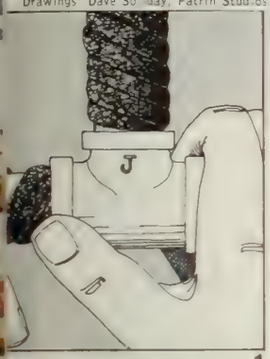
Allergies can't be cured, but the symptoms can be treated. Fortunately antihistamines and other drugs your veterinarian prescribes will help alleviate much of your pet's suffering.

Here are a few things you can do to help protect your dog and cat from common allergens:

- Keep your pet and his surroundings as flea-free and clean as possible, but avoid giving baths too frequently. Some pets are sensitive to detergents.
- Let your dog or cat spend more time indoors during the hay fever season. The same pollens causing people discomfort may affect him.
- Feed your pet commercial pet food, not table scraps. You'll lessen the chances of introducing an allergy-producing substance. Besides, a balanced pet food is best for him.
- Provide a clean dry place for your pet to lie down outdoors. The less time he spends lying in the grass, the less exposure he'll have to potential allergens.
- Some allergic sensitivities take a long time to develop. The food, the grass, the leather collar he's been accustomed to for years may someday cause him a great deal of physical discomfort. *(Written in cooperation with Stan Jackson, D.V.M.)* ■

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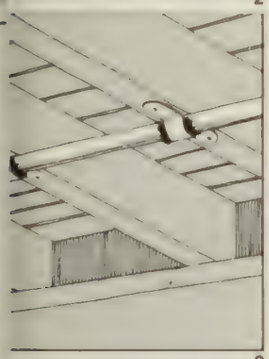
Drawings: Dave Solday, Patrin Studios



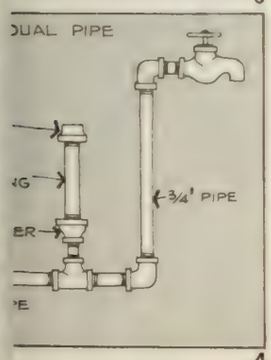
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2



3



4

olumbing problems are repair. Here are four that fix yourself.

an stop dripping conden- y wrapping the pipes with insulation you buy at a g store.

u don't want to invest in wing equipment, simply e frozen part of the pipe with an old cloth and pour boiling water on it.

3. If not supported properly, pipes may rattle and shudder when a valve is opened or closed. Add brackets as needed to stop the noise. You may need to add rubber gaskets or bits of insulation between the inside of the bracket and the outside of the pipe to stop the knock.

4. If an individual pipe is hammering, you can stop the noise by installing a bypass or "air cushion" on the supply pipe. This is usually a capped pipe attached vertically to a horizontal pipe, as the drawing shows.

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Offbeat pumpkin treats

Most Americans think of pumpkins solely in terms of traditional Thanksgiving pies and grinning jack-o'-lanterns. But there are myriads of other possibilities. This fall when your children carefully choose their pumpkins for jack-o'-lantern carving, choose a large one for yourself to make some of these highly untraditional pumpkin treats, from nibbles to dessert.



GINGER PUMPKIN SOUFFLES

One-third pound of fresh pumpkin when cooked makes 1 cup mashed pumpkin—

1 cup canned or thick mashed cooked pumpkin
¼ cup packed brown sugar
¼ teaspoon ground ginger
¼ teaspoon ground nutmeg
Dash salt
2 tablespoons butter or margarine
3 beaten egg yolks
3 egg whites
2 tablespoons brown sugar
Snipped candied ginger

In small saucepan, combine pumpkin, the ¼ cup brown sugar, the ground ginger, nutmeg, salt, and butter or margarine. Cook and stir till butter is melted and mixture is hot. Stir a moderate amount of hot mixture into beaten egg yolks; return to saucepan. Cook and stir 2 minutes more over low heat. Remove from heat. Beat egg whites to soft peaks; gradually add the 2 tablespoons brown sugar, beating to stiff peaks. Fold into pumpkin mixture. Turn into four 1-cup souffle dishes. Place in shallow baking pan. Pour hot water in pan to depth of 1 inch. Bake in 350° oven for 25 to 30 minutes or till knife inserted off-center comes out clean. Garnish with snipped candied ginger. Makes 4 servings.



CURRIED PUMPKIN CHIPS

An unusual snack to nibble along with a hot beverage—

8 ounces fresh pumpkin
Cooking oil
1 tablespoon curry powder
½ teaspoon salt
⅛ teaspoon garlic powder

Pare and seed pumpkin. Slice 1/16 inch thick as for potato chips (should be about 2 cups). Soak in ice water for 1 hour. Drain and pat dry. Fry in deep hot oil (360°) till browned, about 2 minutes. Drain on paper toweling. Combine curry, salt, and garlic powder. Sprinkle through sieve over chips till coated. Makes about 2 cups.

Buying information, page 159



Photographs: Dieter



PUMPKIN TEMPURA

Slice pumpkin into 3x⅛-inch strips—

1 cup all-purpose flour
½ teaspoon sugar
½ teaspoon salt
1 cup ice water
1 slightly beaten egg
2 tablespoons cooking oil
3 cups sliced, pared pumpkin

Combine flour, sugar, salt, ice water, egg, and cooking oil. Beat just till moistened (a few lumps should remain). Stir in one or two ice cubes. Use at once. Dip pumpkin slices in cold batter. Fry in deep hot oil (375°), a few at a time, till golden, about 4 minutes. Drain on paper toweling. Makes 2 cups tempura batter.

PUMPKIN NUT WAFFLES

Great on a weekend morning when your family can relax over breakfast—

2 cups all-purpose flour
1 tablespoon baking powder
¾ teaspoon pumpkin pie spice
¼ teaspoon salt
3 egg yolks
1¾ cups milk
½ cup cooking oil
½ cup canned or thick mashed cooked pumpkin
3 egg whites
½ cup chopped pecans

Thoroughly stir together flour, baking powder, pie spice, and salt. Beat yolks; stir in milk, oil, and pumpkin. Stir into dry ingredients. Beat egg whites to stiff peaks; fold into batter. Stir in nuts. Pour some batter onto hot waffle baker. Bake. Repeat with remaining batter. Serve hot waffles with butter or margarine and maple syrup. Makes 6 cups waffle batter.



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MASONITE CORPORATION

begins on page 102

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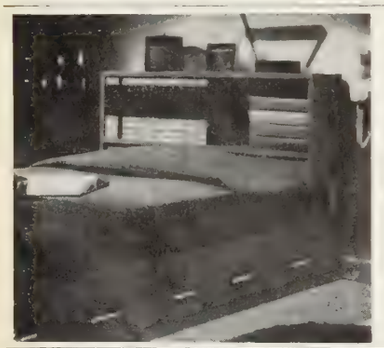
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Plans for a Bunk Bed

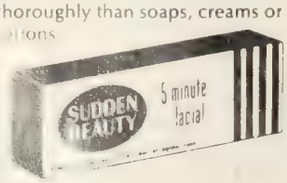
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ou can translate some of the kit signs into all sorts of distinctive ts. Shown here, from top ckwise is just a sampling of ssibilities for young and old ke. Picture frame molding ows off the antiqued gold wise an and camel silhouetted ainst bright felt background. astic stained-glass caroler is ed to a wooden spindle. A choirboy is displayed in a dime-store picture frame dressed up with a tape border and a mat board center. For a youngster's room, we glued three train pieces from the kit to an oblong, walnut-stained wood plaque bordered with tape—or use hardboard for the backing. The metal choirboy is nailed and glued to the center of a small wood shadow box.



ographs: Hopkins

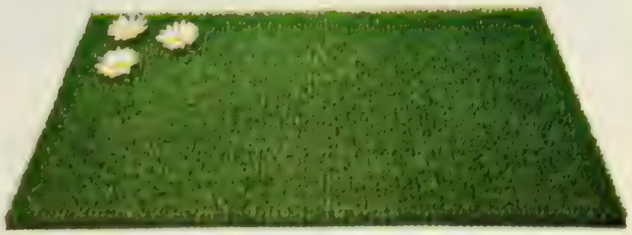
u can even use the metal pieces molds. Soldier's head, above, filled with plaster of paris. ollow the packaged directions mixing plaster.) Place whatr design you choose for a ld face down and support on h sides with paper wedges or all wood chips to be sure it doesn't tilt. Fill almost to the brim. When plaster's set, gently ease the hardened form out of the mold. If you handle the metal design carefully, you can use it many times over. To paint, first give plaster a coat of white, then apply poster paint. Plaster molds are fine trims for packages.



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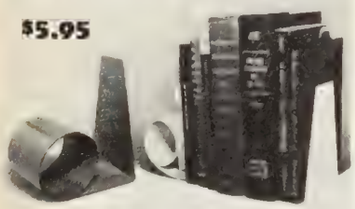
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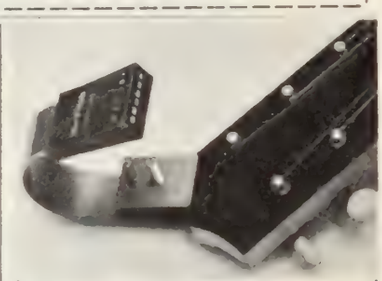
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A BOOKWORM is a one-piece bookend to end all bookends. Take a book out or put one in, BOOKWORM knows what to do—and does it by itself. Automatically, BOOKWORM's ingenious spring steel coil adjusts to hold from 2 to 22 inches of books, directories, magazines.

Imported from England. Winner of the British Design Center award. Available in satin smooth white, black, red and royal blue acrylic finishes.

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like a professional. This new invention is ideal for every guitarist beginner or accomplished musician. Six precision-tuned reeds make quick precise tuning a snap. Just clamp onto your guitar, then adjust the strings. When the proper pitch is reached, the corresponding reed vibrates. Just as simple as that! Only $5.95 plus 45¢ for shipping and handling.

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Both fun and decorative. Give him a mouthful of daisies or flowers. Handwoven of natural rattan with marble eyes. 10" high X 8" wide. Painted add $2.00

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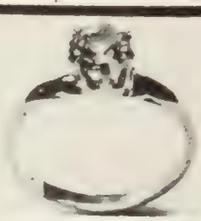


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Fully electrified with dimmer ... adjustable ... with ... pencil ... with ... wall ... Painted ...

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By Nina Doreson



Heirloom thimbles

These thimbles are dainty additi... to a sewing basket or a thimble ... lection. Made of gold plated br... with a 5/16" wide decorative ba... White cloisonne wreathed with p... and blue posies and green lea... (left). Black back-ground petit-p... with multi-color floral pattern (rig... Each: $3.98 ppd. Both: $7.50 p... Ferry House, Dept. BH-10, Briar... Manor, N. Y. 10510.



Modern standard telephon...

Perfect for guest room, this ... model telephone is ready to ... with a regular cord and plug ... wonderful gift for your teenag... Don't run to answer the phone ... white, ivory, green, beige, p... red, blue or yellow. $23.95 p... $1.50 postage. Send for free c... log of decorator telephones. Gr... Com, Inc., Dept. BH10, 324 F... Ave., New York, N.Y. 10001.



Log rack

Rugged and handsome wood... stands right by your fireplace. ... practical and sturdy—a polish... pine beauty with straps, eagle ... corner bandings of brass. Holds ... of logs, paper, and kindling. ... use it for records or toys. Finish... in antique pine. 30" l., 14" h., 12... w. $54.95 assembled. Un... $49.95. Ppd. Yield House, D310, ... Conway, N. H. 03860.



Wretched mess calendar

433 brand new days and weeks ... yours to be celebrated in 19... Hundreds of holidays ignored ... other calendars including an ex... month with no Mondays and lots ... extra Saturdays! Make people ha... py all year long. A great gift id... 11" x 17" unfurled. Only $2.00 pp... age paid. 3/$5.50 or 12/$21.50 ... one address. Bruce Bolind, De... BH-10, Boulder, Colorado 80302



Lotus shaped dishes

Fine porcelain bowls are perfect ... everything from soup to nuts! Ra... bow hues or classic white. 5... plates look great with 4½" white ... colored bowls. Dishwasher-sa... #5862, colored bowls, 6 differe... $3.98; #8158, set of 8 white bow... $3.50; #8147, set of 8 white plat... $3.50. Plus 50c post. Country Go... met, Dept. HO, 512 S. Fulton Av... Mt. Vernon, N.Y. 10550.

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Christmas

ROYAL RIVIERA PEARS
America's rarest and finest fruit. So big and juicy you eat 'em with a spoon.
Net weight 6¾ lbs.



January

CRISP MOUNTAIN APPLES
Huge, red rascals. Really fresh and snappy from the cold mountain country.
Net weight 7¼ lbs.



February

ROYAL GRAPEFRUIT
Bigger'n grade A ostrich eggs. Juicy as Oregon rain-clouds. Net weight 10 lbs.



March

ROYAL ORANGES
Rare sunshiney surprises from the pirate coast. Sweet and tempting.
Net weight 6½ lbs.



April

HAWAIIAN PINEAPPLES
Two hulapaloozers. Fully-ripened the way mainlanders hardly ever taste 'em.
Net weight 9 lbs.



May

WILD 'N RARE ' PRESERVES
Old-fashioned pure fruit preserves — no preservatives added. Four ¼ lb tins.
Net weight 3 lbs.



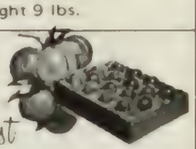
June

HOME-CANNED FRUIT
Uncanny! Orchard fresh, in extra-heavy syrup. Baked Pears, Summer Delight Pears and Oregold Peaches. No. 2½ cans. Net wt. 5¼ lbs.



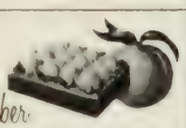
July

GIANT KIWI-BERRIES
Amazing NEW fruit from New Zealand. Sorta watermelon strawberry flavor.
Net weight 2½ lbs.



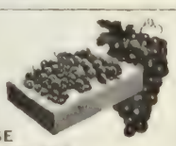
August

EXOTIC NECTARINES
Plum peachy. Big and blushing. A sure-fire summer sensation. Net weight 5½ lbs.



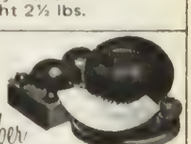
September

OREGOLD ' PEACHES
Family and friends'll never forget these huge Oregon beauties. Net weight 6 lbs.



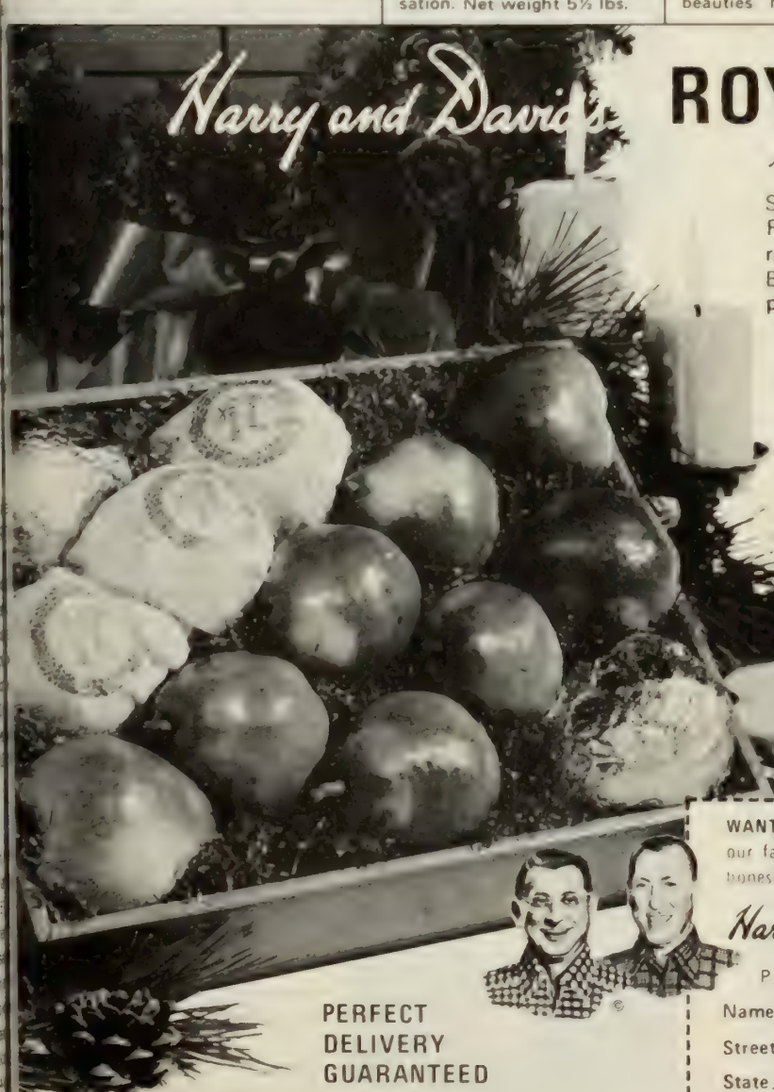
October

ALPHONSE LAVALLE GRAPES
Big, velvety-black Belgian hothouse type. Used to grow only for Royalty.
Net weight 4½ lbs.



November

SPANISH MELONS
From Valencia in sunny Spain. Exotic and juicy with the limes we include.
Net weight 6¼ lbs.



ROYAL RIVIERA® PEARS

America's rarest and finest fruit

So big and juicy you eat 'em with a spoon! No fooling! Royal Rivieras are the rarest and finest of over 800 known varieties – so rare in fact, that not 1 person in 1000 has ever tasted them. Beautifully gift packed — sent with your personal greetings — **perfect delivery guaranteed.**

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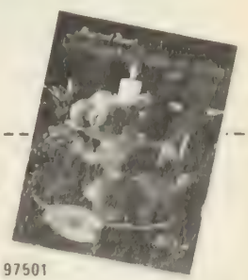
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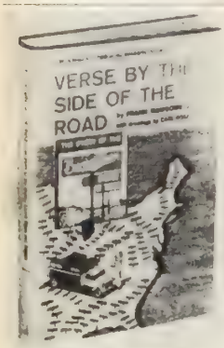
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CROWNVETCH. Perennial ground cover. Pink flowers June til frost. Beautiful, hardy, no mowing. Grows 12"-18" any climate, sun or partial shade. Chokes weeds, resists droughts. Heavy, 2-yr. crowns.

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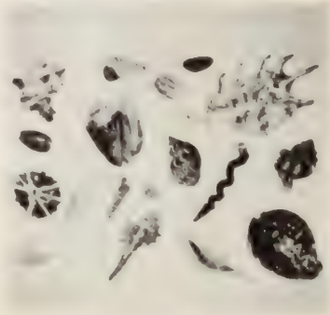
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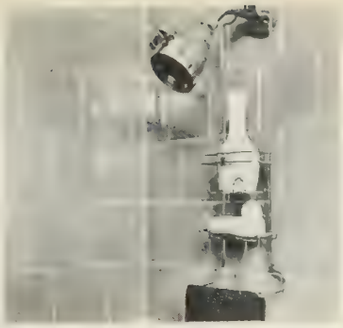
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eals while still
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The Miralin Diet features menus and recipes that save you hundreds of calories by substantially reducing your sugar intake. Do you know that the average American eats more than one hundred pounds of sugar a year? Even if you don't like rich desserts and don't use table sugar, you still consume loads of sugar in the foods you eat regularly. Do you realize that most canned fruits, canned pork and beans, ketchup, even fruit-flavored yogurt all contain sugar? The unique action of the Miracle Fruit Drop's natural protein allows you to eat low-calorie, sugar-restricted foods, and still enjoy the sweet taste of sugar-rich, high-calorie foods!

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Why you'll stay on the Miralin Diet Program. You'll discover that you don't have to sacrifice flavor and sweetness in order to lose weight. Naturally, the Miralin menu plans are calculated for you to eat fewer calories than you ate before, but they provide satisfying taste sensations that help you forget the urge to eat sugar-sweetened, fattening foods!

Nutritional value makes this Program right for you. Each and every recipe in the Miralin Diet Program has been analyzed for taste, nutritional value, and low-calorie content by a team of scientists, nutritionists, and dietitians. The Miralin Diet Program wants you to consult your physician if you have any questions about losing weight.

Put yourself on the Miralin Diet Program now! We want you to experience the Miralin Diet . . . and decide for yourself if this isn't the best-tasting, most enjoyable Diet you've ever followed!

Send *now* for the Miralin Introductory Pack. It gives you exciting Miralin recipes and menu plans, and a three-to-five-day supply of Miracle Fruit Drops (enough for two people). The Drops will make the low-calorie Miralin meals taste more satisfying than you ever imagined a diet could taste! Also included are 12 samples from Miralin's growing line of food products, all designed to complement your meals and save you calories! You'll receive 4 servings each of iced tea mix and lemon drink mix, and 2 servings each of gelatin dessert and low-calorie dressing.

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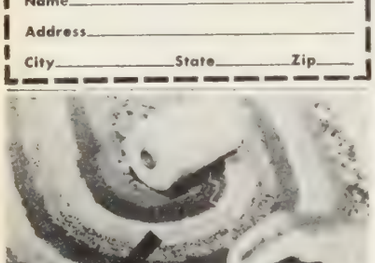
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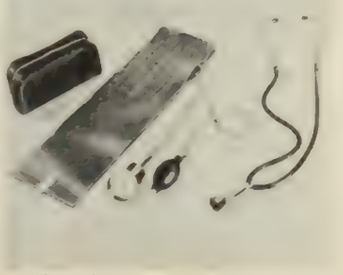
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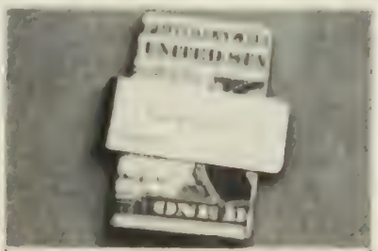
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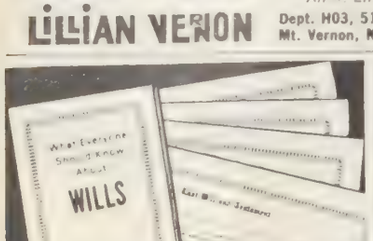
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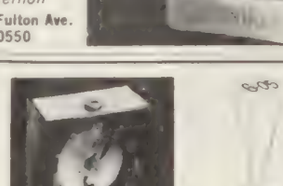


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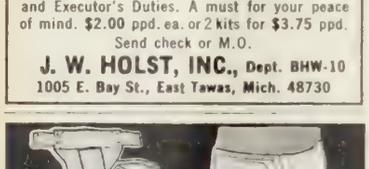
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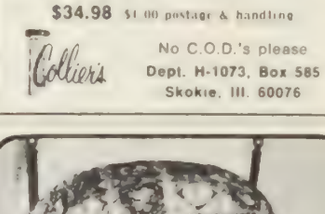


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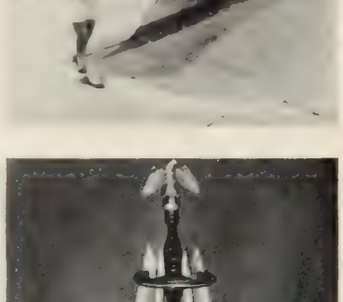
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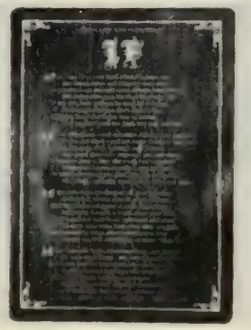
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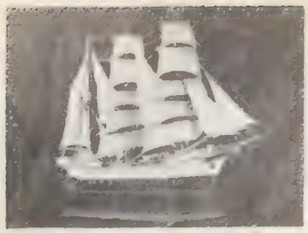
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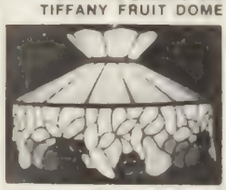


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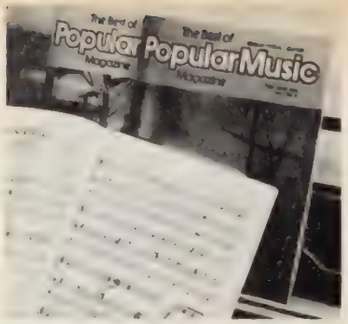


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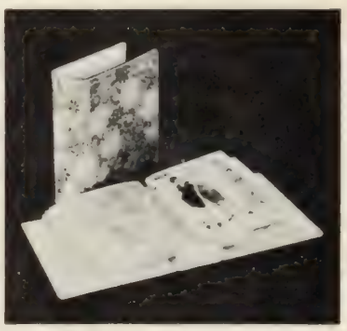
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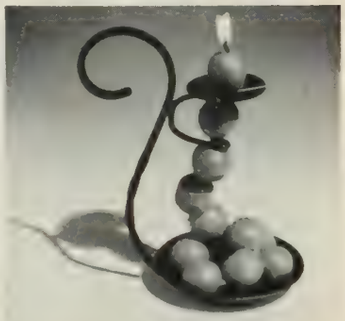
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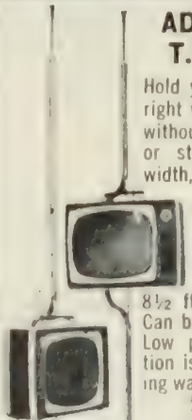


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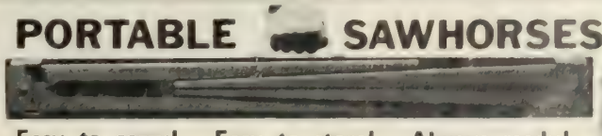
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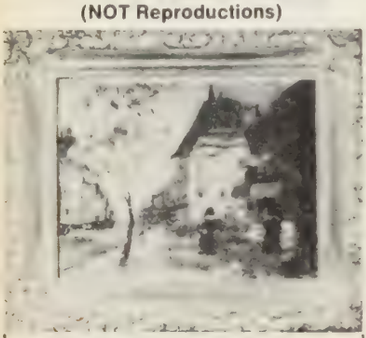
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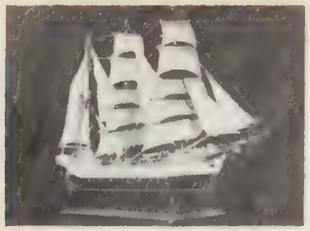
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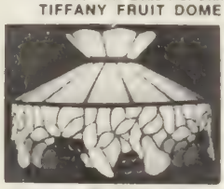


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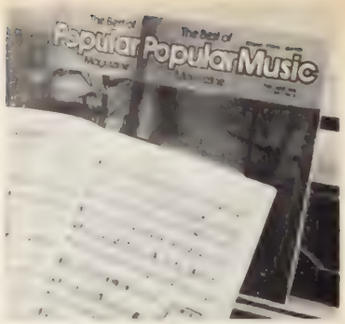
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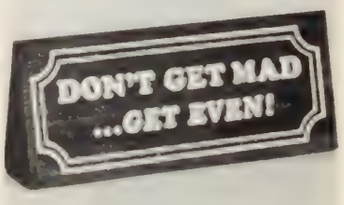
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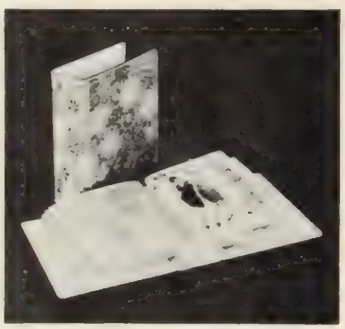
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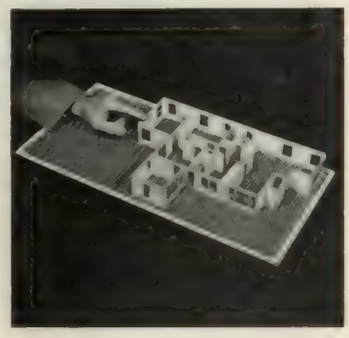
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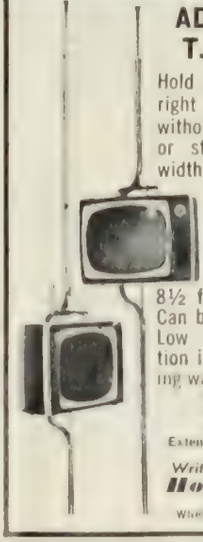


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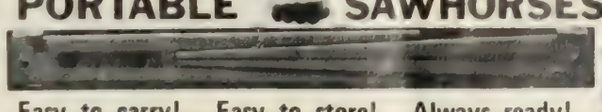
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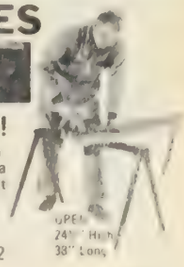
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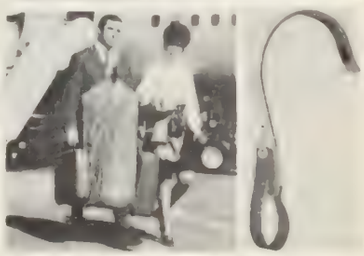
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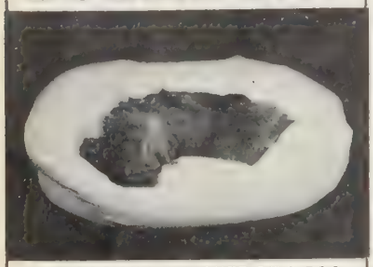
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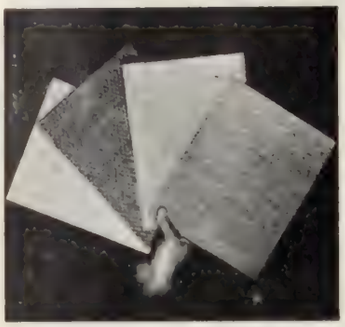
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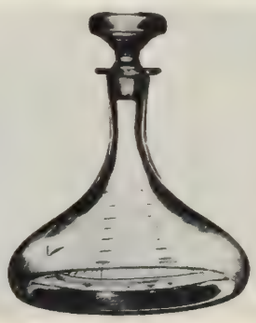
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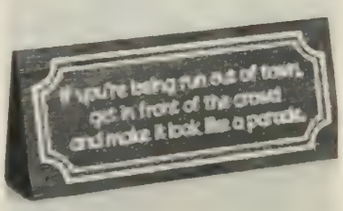
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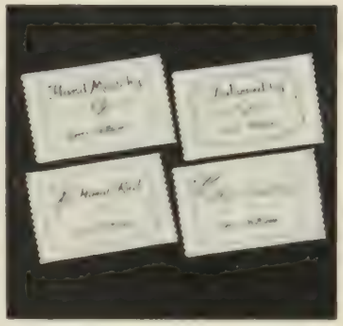
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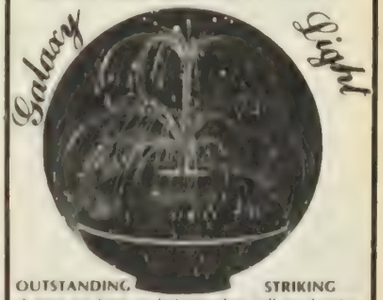


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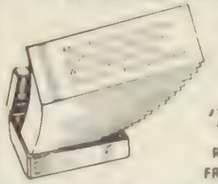
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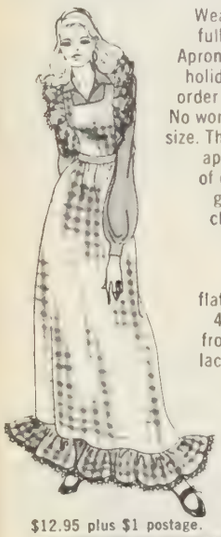
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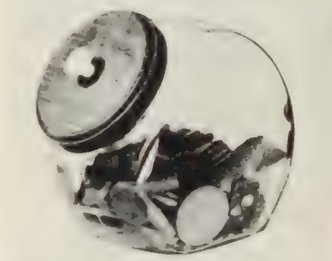
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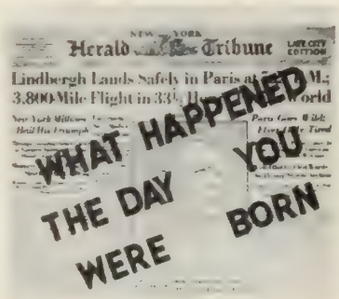
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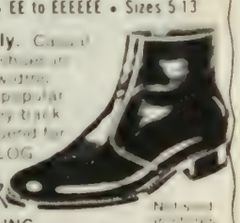
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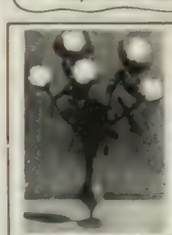


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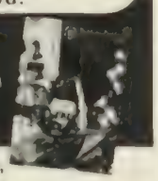


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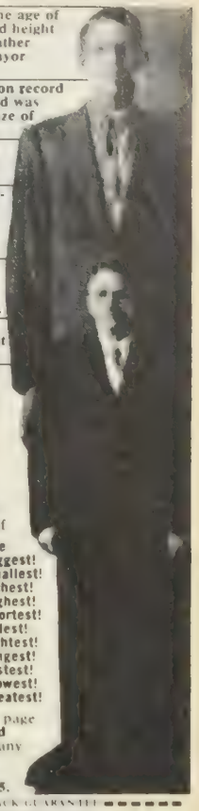
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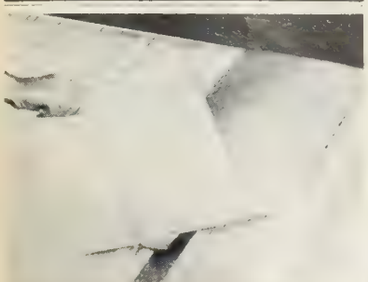
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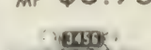
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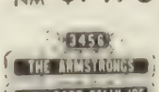


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The man next door

Elsa Lovell, our local grade school teacher, recently asked one of her first grade students what our national anthem stands for. "It means a football game is going to start," was the answer.

The first snow indicates that it's time to put out the sunflower seed and other goodies. But one of our neighbors complains that the birds keep getting into his squirrel-feeder.

It's convenient to have two cars, of course, except it usually means that when you drive up to the cleaners you discover that the stuff you were supposed to drop off is in the other one.

I went to a convention last week and met some of the real big shots in the industry. Nothing is more fascinating than listening to two millionaires trying to out-brag each other about how poor they used to be.

There are two kinds of people: Those who think there are two kinds of people and those who think it's not that simple.

Rosemary writes from college that the girls are dressing more smartly on campus this year, but her mother says she hopes the trend never gets back as far as her own school days when a coed's social status was measured by the number of cashmere sweaters she owned.

Bill Norman reports that he's found a new job. As he explains it, he wasn't fired and he didn't resign from his old one. He was conglomerated.

Burt, Jr., is going out for the football team again this year, but is rather discouraged by the number of his classmates who seem to have spent the summer taking how-to-grow lessons.

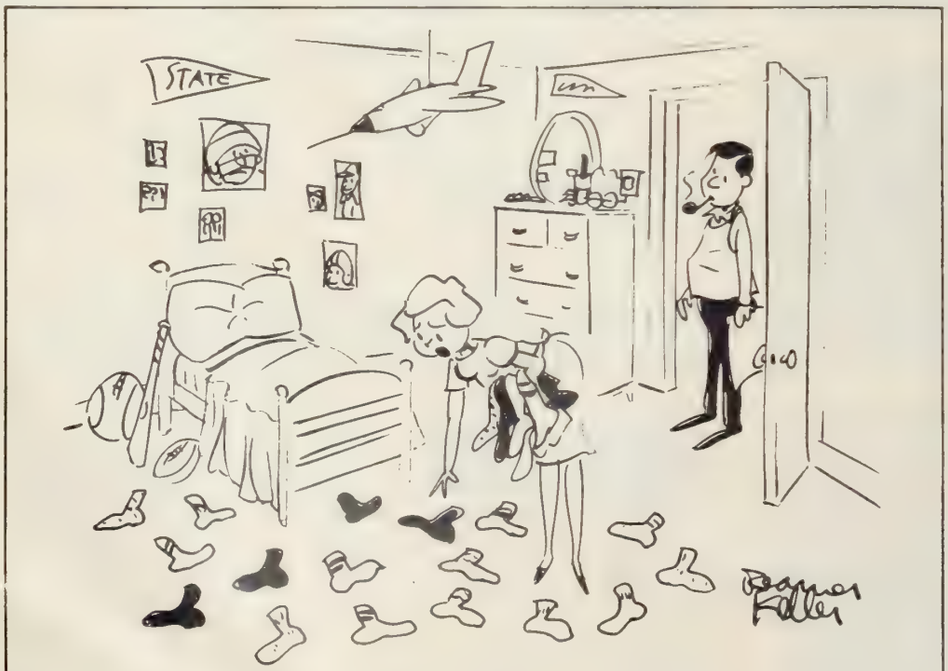
The manufacturers says that it's the dimples that give the golf ball its distance, and Peg Bayless adds that she knows a few girls who have gone a long way with the same equipment.

Uncle Dodd Buckner says the key to a happy retirement is to have enough money to live on but not enough to worry about.

Someday, I suppose, Christine will finally get the house organized, with everything in boxes marked something else.

Our town is getting more of those fascinating ethnic restaurants, but there are still plenty of places that feature traditional American dishes—fish-and-chips, won ton soup, and pizza.

Congressman Nick Hanfli says I have no idea how much pleasanter fall is in a non-election year. Then he can go out hunting ducks instead of votes.



"Sometimes I think we're raising a centipede!"



". . . And I'd like to thank my husband . . ."

An expert on family life says one problem these days is that boys and girls don't get a chance to see their Daddies at work. If he's right, I guess the happiest kids in America are the children of professional football players.

I shouldn't think Halloween would be particularly scary for children who have grown up to know and love the monsters, ghosts, and vampires of television.

Judy tells me that she must write A Paper (she pronounces the capitals) for her sixth grade class. And her scholarly pursuits demand a visit to The Big Library. What's more, I must drive her there.

And so for the first time in years I am in the gloomy old building I remember so well from my boyhood. The atmosphere hasn't changed. The radiators still hiss even if the librarians no longer do. There is the same aroma of wet wool and dust—and of books stacked, stashed, and packed everywhere.

While Judy is consulting the rows of card indexes I pick up a book and remember how, as a boy, I was fascinated by the contrast between this dull, stuffy building and the absolutely electrifying ideas and people I found in the books there.

In recent years we have gone mostly to the branch library not far from our house. It is a very cheerful place with much glass and bright colors. It is brimming with audio-visual aids and mod posters. It is beautifully equipped to attract the young reader. And it never seems to have a book I want.

The contrast extends, I think, to the parish church which is new and comfortable, but cannot begin to exalt the spirit or the mind like the great, gray, timeworn cathedral.

I think Judy absorbed some of that feeling. She was unusually quiet on the ride home, and, when I asked her if she got what she wanted, she answered: "Too much, too much."

Burton Hillis

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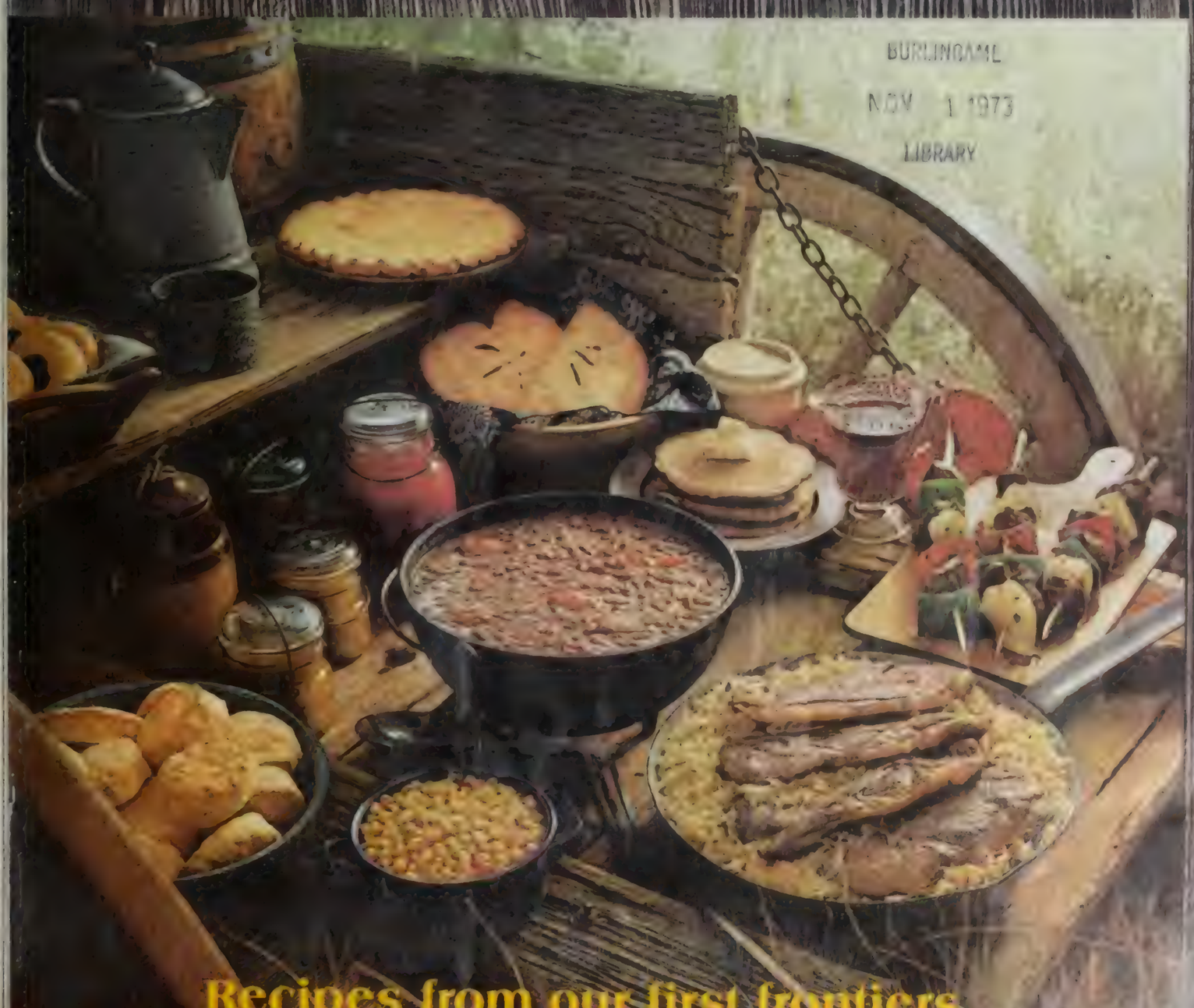
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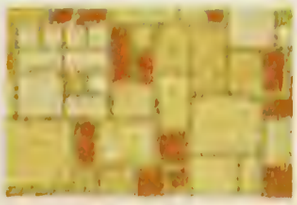
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Materialism: a threat to family life?

Just over a year ago, Better Homes published the results of its survey on American family life. Of all the fascinating, complex, sometimes paradoxical findings in that report, none was more striking than the answer to this question: "What do you feel is the single greatest threat to family life in America today?"

Think about it a moment; what would your answer be? Drugs? Crime? Divorce? Sexual permissiveness? Materialism? War? Pollution? Overpopulation?

The greatest single threat, cited by more than 125,000 readers (37 percent) was *materialism*. As a cause of concern it ranked three times higher than divorce, seven times higher than overpopulation, nine times higher than crime.

Why this pervasive worry about materialism? We are, after all, the world's most conspicuous consumers. In 1971 alone, we Americans bought 6.3 million color TV sets; 4.6 million washing machines; 5.6 million refrigerators; 7.9 million vacuum cleaners; 5.5 million power lawn mowers; and 8.2 million radios, not to mention 2.7 million corn poppers.

Material progress—the ability to buy washing machines and corn poppers—is much of what America has always been about. It has been our destiny and our privilege to be the land of opportunity, of free enterprise, of abundance for all. And achieving that abundance hasn't exactly been a piece of cake. It is less than 50 years since this country was shattered by the economic nightmare of a depression that left millions desperately unemployed, that saw jobless families literally evicted into the streets, that found fathers reduced to beggars in breadlines. Our progress since then has been staggering. Today more than half our families own their own homes; two cars per family is the norm; every other adult over 25 has at least a high school diploma and every other household has color TV—a product that became available only 23 years ago. Yesterday's dream of plenty is today's reality for most Americans, and we worry about materialism.

We tend to equate materialism with possessions—the *things* in our lives. The truth is, of course, that most of us want Things, from houses and cars and dishwashers to blenders and corn poppers. Should we feel guilty about that? Are Things irrelevant to the meaningful life? In an important sense, they are: you can't pile up a bunch of Things and get a heap of happiness. But neither should we shortchange our possessions; they can free us for other, hopefully nobler, pursuits.

Ben J. Wattenberg and Richard M. Scammon make the point well in *This U.S.A.*: ". . . by the nature of what it replaces, a washing machine allows the housewife who uses it to take a great, and again much maligned leap forward—from washwoman to clubwoman or career woman. Of course, the machine itself does not perform the miracle: a woman with a washer-dryer can still be a prize boor. But the machine does establish conditions that permit a more dignified existence. A day not spent at a hot washtub is one day that a woman's spirit is not broken to the traces of coarse manual labor."

Materialism is a two-faced coin. Certainly there is a dark side, a negative aspect of destructiveness, waste, and ugliness. We see it in shoddy merchandise that perpetuates bad taste and falls apart in two weeks. We see it in houses that are poorly designed, cheaply built, and overpriced. We see it in families that are drowning in debt because our system, at its worst, fosters a habit of compulsive spending. We see it at its saddest in that peculiarly American tragedy, the father who spends so much time working "for the family" that he never sees them. All too often, we see a bleak and mindless materialism based on *having*. Not on needing, not even on wanting. Just . . . having.

As magazine editors, we too worry about the darker face of materialism. In our efforts to provide good ideas and problem-solving help for better home and family living, we necessarily deal with material things—appliances, houses, tools, new products, furnishings, cars, and so on. Our attitude toward those Things boils down to a credo of positive materialism: Our possessions are worthwhile only if they enhance our lives. When the Things we own start to own *us;* when they turn us into slaves; when they get in the way of human relationships and drain us of time and money—then it's time to ask whether they're worth having.

But there is also a positive, constructive materialism that simply means progress. It encompasses not only such handy gadgets as ten-speed blenders and mini-calculators but also vacations in Europe, the cleaning up of slums, the eradication of illiteracy and polio. In short, we need to remind ourselves that material progress can transcend materialism and make for a better way of life. At their best, our Things can be a liberating force that provide not only more time but more education, more awareness, more communication, more enjoyment—for more people. ■



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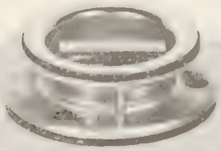
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olds and flu. To relieve the aches and educe the fever of a cold or flu, doctors ecommend aspirin. Bayer tested its aspirin gainst every leading brand. For quality, ayer was shown superior. You can count n better quality Bayer® Aspirin.



Relieve painful discomforts of a cold while you sleep. Bayer® Timed-Release Aspirin is made to work overtime. You take it only once in 8 hours. Two tablets taken at bedtime relieve aches due to colds or flu so you can sleep during the night.



Reduces fever of a cold. To relieve the aches and reduce the fever of a child cold or flu, get Orange Flavored Bayer® Children's Aspirin. It's in the exact tablet size doctors recommend and it's made with extra care.

Each Bayer product includes directions for use. Bayer reminds you to follow label directions carefully.

To relieve aches and pains of colds & flu, count on Bayer...or Bayer...or Bayer.

Cheap brake jobs are still murder

You have only to thumb through almost any newspaper to find the ad—"Complete Brake Job for $19.95." If you take your car in to snatch up this bargain, one of three things will happen. Either the mechanic will tell you the $19.95 price is just for brake linings and your car needs a great deal more, or he'll take the car, then present you with a horrendous bill that includes "extra needed work." Or he'll let you risk your life by giving you the $19.95 brake job as advertised.

In 1967, a *Better Homes and Gardens* article exposed the $19.95 industry come-on. The article was widely applauded and over a million reprints were made. Nearly six years later, however, the $19.95 brake job, and even $9.95 brake job, still is taking people in. Obviously it's time to reiterate: you're wooing disaster and wasting money if you buy new brake linings without having the rest of the system checked and serviced.

A complete brake job normally will cost from $45 to $80 and should include:

Rebuilding or replacing wheel cylinders. Installation of new linings changes the stroke of the wheel cylinder piston so that the rubber piston cup must move across a rusted, pitted surface. The end result is that the wheel cylinder fluid will leak on the new linings, which causes dangerous grabbing. If you avoid an accident, you'll have to return to the shop for wheel cylinder repairs and another set of linings (fluid-saturated linings cannot be cleaned up).

Replacing wheel-bearing grease seals. Like leaking wheel cylinders, faulty grease seals are dangerous. Seals should be replaced with every brake job. It's also wise to repack wheel bearings at the same time.

Replacing return springs. Weak springs cause pulling or dragging brakes, yet these inexpensive springs are seldom replaced.

Flushing and replacing fluid. Any good brake job must include draining and flushing the entire brake fluid system. Super heavy-duty fluid, labeled as meeting S.A.E. standards, should be used to replace old fluid.

Checking brake lines. One small rust hole or crimp in a line can produce sudden and complete brake failure. Have all lines carefully inspected, including the flexible hoses that connect to each wheel and the metal lines that connect to the master cylinder.

Checking brake drums. If drums are out-of-round or scored, they must be resurfaced and turned. New linings should be fitted by arcing them in a brake shoe grinder.

Checking master cylinder. Repair or replacement usually is not necessary, but the master cylinder should be inspected for leakage with every brake job. A brake pedal that sinks slowly to the floor is a symptom of master cylinder failure.

Replacing brake linings. This is usually all you get with a cheapie brake job, and even here the quality of the material may be second rate. Buy the best brake linings available. This means a reputable brand name—not something in an unmarked box. Buying good linings is economical insurance against brake fade, since the difference between poor linings and the best is about $2.50 a wheel.

Your car was designed to use the kind of lining that came on it from the factory, so replace it with the same type whether it is a riveted or bonded lining. (Bonded linings are not better than riveted; in fact, a lower quality material can be used for bonding.)

And just as you wouldn't think of buying one new shoe, don't consider having one wheel relined. Wheels should be done in pairs (both front or both back) and must have the same type of linings for balanced brake action. The only exception to the rule of pair replacement is if one must be replaced shortly after a brake job because of a grease or fluid leak.

Disc brakes—Customers generally are told that it is more costly to repair or adjust disc brakes. This usually isn't true. They're far less expensive to keep in shape. But because disc brakes are different, customers are willing to pay a premium, and the serviceman is more than willing to charge more.

Though prices vary from one city to the next, you can generally expect the following prices for four-wheel brake servicing.

Brake linings	$20
Wheel cylinders (rebuilt)	$14
(new)	$26
Wheel-bearing grease seals	$ 2
Wheel bearings repacked	$ 6
Return springs	$ 2
Brake fluid	$ 2
If needed . . .	
Master cylinder	$15
Drum refinishing	$10

Even a dull pencil will point to a minimum of $46 for a thorough brake job, with an $83 repair bill within the realm of possibility. For $19.95 you're only buying trouble.

You're courting catastrophe when you attempt to save by doing your own brake job, especially when you consider that the ability to stop is your car's most important safety feature.

Play it safe. Have your brakes checked every 10,000 miles and expect to have a complete brake job at about 25,000 to 30,000 miles.

The best testing method includes the use of a dynamic-brake and analyzer. Most good diagnostic centers have this sophisticated equipment.

And any time the brake pedal feels different or the brakes squeal, grate, or make the car pull to one side—slowly drive to a competent repair shop for a brake check. You won't even begrudge the time and expense involved—not when you consider they might save you from an accident. ■

Driving: when 20/20 vision isn't enough

A seldom diagnosed yet common visual handicap may make you an unsafe driver. The malady is commonly called "tunnel vision." It's a critical deficiency in peripheral vision, and one of every ten of us has it.

American Optometric Association (AOA) studies show that drivers with restricted fields of vision are the most accident prone. When one group of accident repeaters was tested, a critical loss of peripheral vision was found in 58 percent, while the defect was discovered in only eight percent of an accident-free group.

Although tunnel vision is generally a progressive disorder, common to the aging process, anyone can be afflicted. And quite a few of us are born with this limited peripheral vision.

Tunnel vision is actually a misnomer. Medically, tunnel vision refers only to the most severe cases in which the entire field of vision is 20 degrees or less, and the

continued

Your roast is perfect. Should the glasses be spotty?

Get the Cascade look... virtually spotless.



Look . . .
even clean water
lets spots form.

You get a lot of pleasure out of preparing a lovely, elegant dinner. And you don't want spots on your family crystal to spoil the effect. That's why it's good to know about Cascade. Cascade's sheeting action fights drops of rinse water that could dry into dulling spots. You'll like the Cascade look . . . and so will your guests.

Cascade fights drops that spot.

But Cascade
in your dishwasher
gets dishes
virtually spotless.

begins on page 8

Driving: when 20/20 vision isn't enough

individual is legally blind. But used as we will use it, the term refers to anyone with less than 180-degree normal vision.

Unfortunately, tunnel vision doesn't advertise its presence with physical symptoms as does, say, astigmatism. It is quite possible to have 20/20 vision and still be restricted to a dangerously narrow field of view. Unless tests reveal the defect, you may never notice it. To put it simply: i don't see an object at all, have no reason to believe you *should* see it. And this i visual defect that usually ca be corrected. You have to with it, and that can mean fraught with danger unless are aware of the implication

Our driver licensing req ments don't help the situ much. Although all 50 s test new applicants to "ind that they see well enoug drive safely," only 17 s check the field of vision seven of these states, no amination of vision or the of vision is necessary for lic renewal after a certain And there are many driver the road today who have n had an official eye test at all.

To find out if you have tu vision, run your own visual test, and *right now* is a good to do it. The simple "finger shown in the accompanying is recommended for a prel nary check since it takes less a minute. It can give, howe only a rough idea of your vi field. If there is any indica your visual field is restricted than 90 degrees in each e you should make a further te

The lower illustration sh a simple but accurate de designed by the American A motive Association, which included in their high sch textbook *Sportsmanlike Driv* If the device is made and u with care, it can give results pinpoint accuracy. If your vis field is normal, each eye will able to see an object 90 degr or more from your point of cus. Anything less than 70 grees should be considered a d ing hazard. Accuracy in b tests depends upon keeping y eyes aimed at an object strai ahead. It is important to test y eyes separately, since they n well show differences.

Living in the tunnel

Once it has been established t your peripheral vision is what it should be (a simple do yourself test is described on p 131), safety becomes simply matter of compensating for visual loss. An extra bit of c in driving and crossing streets foot can virtually eliminate hazard.

With tunnel vision you shou make a habit of moving yo eyes and your head constan from side to side to maintain continuous survey of your s roundings. Study the traffic s uation carefully before changi lanes. Linger a bit at stop sig until you are certain it is safe pull out.

continued on page 131



Ford LTD Country Squire for '74. When you buy your wagon, make sure you can buy these features.



1 Exceptional comfort and appearance highlight offered with the Squire Luxury Group.



2 Ford's famous 3-way doorgate



3 Seats fold away easily



4 Steel-belted radial ply tires



5 Optional power mini-vents



6 Adjustable roof rack



7 Standard spare tire extractor

The closer you look, the better we look.

1. Unexpected wagon luxury is reflected in the split bench seats of super soft vinyl and deep 25 oz. cut pile carpeting. Ford also offers exclusive DuraWeave vinyl trim that looks and breathes like cloth, cleans and wears like vinyl.

2. The Country Squire's convenient 3-way doorgate and power tailgate window are standard. You can have dual-facing rear seats, even a recreation table for the kids.

3. Ford's design lets you convert from passenger to cargo wagon with ease. There's lockable below-deck stowage space too, and a cargo area dome light.

4. Power front disc brakes and steel-belted radial ply tires are both standard this year.

5. You can order optional convenience features like power mini-vent windows, dual remote control mirrors and a power tailgate lock.

6. The Country Squire offers an adjustable roof rack that makes it easy to secure your extra cargo. Optional vinyl roof now comes in a variety of colors.

7. Ford's innovative spare tire extractor makes changing less of a chore.

See your Ford Dealer for a closer look at a great family wagon. Ford LTD Country Squire for '74.

Wagonmaster again in '74.

FORD WAGONS

FORD DIVISION

1974 Ford LTD Country Squire shown with optional vinyl roof, vinyl-insert bodyside moldings, deluxe luggage rack, deluxe wheel covers, WSW tires, Squire Luxury Group and front cornering lamps.

Harry and David's Fruit-of-the-Month Club®

WE GUARANTEE YOUR SATISFACTION IN EVERY RESPECT...OR YOUR MONEY BACK!

Month after month, a parade of handsome gift boxes, each with your greetings and all announced by a Certificate of Membership inscribed as you direct. These famous Clubs keep you in warm, friendly contact with people important to you or your business. The proved perfect family gift for over 30 years. Sent direct from the orchard . . . the savings are yours! Ideal for business associates, friends, kinfolk and you!

3-BOX CLUB: Surprise them with gorgeous gift boxes for Christmas, January and February!

Gift No. 111, only . . . $19.95 delv'd

5-BOX CLUB: Keeps coming and coming! Christmas, January, February, May and September.

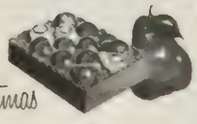
Gift No. 141, only . . . $29.95 delv'd

6-BOX CLUB: Delight them to pieces again and again! Christmas, January, February, May, August, September, October and November

Gift No. 151, only . . . $49.95 delv'd

12-BOX CLUB: Flabbergasting! A gorgeous gift every single month of the year

Gift No. 201, only . . . $74.95 delv'd



Christmas

ROYAL RIVIERA PEARS
America's rarest and finest fruit. So big and juicy you eat 'em with a spoon.
Net weight 6¼ lbs.



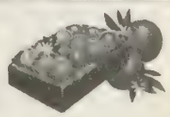
January

CRISP MOUNTAIN APPLES
Huge, red rascals. Really fresh and snappy from the cold mountain country.
Net weight 7¼ lbs.



February

ROYAL GRAPEFRUIT
Bigger'n grade A ostrich eggs. Juicy as Oregon rainclouds. Net weight 10 lbs.



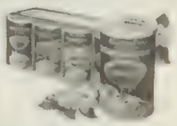
March

ROYAL ORANGES
Rare sunshiney surprises from the pirate coast. Sweet and tempting.
Net weight 6½ lbs.



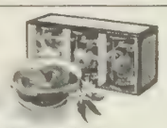
April

HAWAIIAN PINEAPPLES
Two hulapaloozers. Fully-ripened the way mainlanders hardly ever taste 'em.
Net weight 9 lbs.



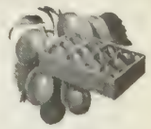
May

WILD 'N RARE ' PRESERVES
Old-fashioned pure fruit preserves — no preservatives added. Four ¼ lb tins
Net weight 3 lbs.



June

HOME-CANNED FRUIT
Uncanny! Orchard fresh, in extra-heavy syrup. Baked Pears, Summer Delight Pears and Oregold Peaches. No. 2½ cans. Net wt. 5¼ lbs.



July

GIANT KIWI-BERRIES
Amazing NEW fruit from New Zealand. Sorta watermelon strawberry flavor.
Net weight 2½ lbs.



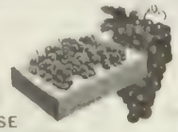
August

EXOTIC NECTARINES
Plum peachy. Big and blushing. A sure-fire summer sensation. Net weight 5½ lbs.



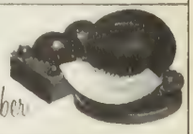
September

OREGOLD ' PEACHES
Family and friends'll never forget these huge Oregon beauties. Net weight 6 lbs



October

ALPHONSE LAVALLE GRAPES
Big, velvety-black Belgian hothouse type. Used to grow only for Royalty
Net weight 4½ lbs.



November

SPANISH MELONS
From Valencia in sunny Spain. Exotic and juicy with the limes we include.
Net weight 6¼ lbs.



ROYAL RIVIERA® PEARS

So big and juicy they'll eat 'em with a spoon! So rare, not 1 person in 1000 has ever tasted them. Sent with your personal greetings — beautifully gift boxed

Gift No. 1 (8 to 9 jumbo pears) Net weight 6½ lbs. . . . . $7.25 delv'd
Gift No. 3 (Handy size box of smaller pears) Net wt. 9 lbs. $8.45 delv'd
Gift No. 5 (18 to 24 giganta pears) Net weight 7 lbs. $8.95 delv'd

EASY TO ORDER: Use the spaces at right to order, or just send us your list. Enclose check or money order (no COD's please). Tell us how to sign your greetings for each gift. All prices include delivery.

Order here or send us your list

SHIP AS
MY GIFT TO _____

STREET _____

CITY _____ STATE _____ ZIP _____

Quantity	Name of Gift	Order No.	Amount
			$

Ship to Arrive for Christmas ☐ Ship to Arrive On (Date) _____ Use Card ☐ I enclose ☐ (Max 3½ x 5)

Greetings to read _____

SHIP AS
MY GIFT TO _____

STREET _____

CITY _____ STATE _____ ZIP _____

Quantity	Name of Gift	Order No.	Amount
			$

Ship to Arrive for Christmas ☐ Ship to Arrive On (Date) _____ Use Card ☐ I enclose ☐ (Max 3½ x 5)

Greetings to read: _____

Ordered By _____

Address _____

City _____ State _____ Zip _____



Harry and David®
Box 515-G Medford, Oregon 97501

HOME STUDY

HOW IT CAN PAY OFF IN COLLEGE CREDITS

In our credential-conscious society, missing out on a college diploma can make you feel consigned to the enlisted ranks forever after. But take heart. At last you can obtain that coveted piece of parchment without years of slogging through night classes or giving up your career to return to school.

Colleges all over America now make it possible for you to earn college credits—or even a degree—at your own convenience and almost without setting foot on a conventional campus .Thousands of adult men and women already are seizing this opportunity to qualify for better jobs or to enrich their lives.

Basically, there are two ways you can earn college credits without going to college: credit by examination, and independent study. Both are based on the same premise: that there are today many routes to knowledge, and what counts is what a person knows, not how he learned it.

Credit by examination allows you to take a standardized test, and, if you pass, receive formal credit for your knowledge. No preparation is required, and no classes. More than 1,500 colleges in all 50 states now give credit for satisfactory performance on such tests, which are offered by the College Level Examination Program (CLEP) of the College Entrance Examination Board.

The CLEP tests include five general examinations in English composition, the humanities, mathematics, natural sciences, and social science-history, and more than 34 subject examinations in specialized fields from introductory psychology and microbiology to statistics and business law. Tests—part multiple-choice, part essay—are given each month in more than 500 centers across the country; cost is $15 a test, or $25 for the entire battery of general examinations. Credits are granted by the cooperating institution to which the student requests his records be referred. The college establishes the acceptable grade level and the number of credits to be awarded.

New York and New Jersey residents also may take the New York State College Proficiency Examinations (CPEs), which cover subjects like nursing, foreign languages, and others not included under the CLEP umbrella. CPE scores are accepted by colleges in both states and by many schools elsewhere.

Many colleges offer their own tests for credit, particularly in subjects where national tests have not been developed. And still others offer credit by "assessment," sometimes known as "credit for life experience." A government employee might receive credits for public administration, based on a faculty evaluation of his education on the job. Or an artist might receive credits for his paintings or a poet for his poems. Just recently, in fact, Minnesota Metropolitan State College granted two



years' credit to an unpublished poet.

Former servicemen also may receive credit for service schools attended. Under the plan of the Commission on Accreditation of Service Experiences of the American Council on Education (CASE), any service school of more than three weeks' duration and officially listed in the services' educational register carries the possibility of college credit.

Independent study is known by a variety of names—nontraditional study, external- or extended-degree plans, universities without walls. What all have in common is that they try to sweep aside the barriers of time and encrusted attitude that have often prevented working adults from obtaining a diploma. Each system tries to tailor-make for each student an individual program of study which he can then complete at his own pace and in his own way.

Independent study is not a new idea—the University of London started it in 1836. And many American programs are patterned after another off-campus British model, the "Open University." "Open U" students in Britain study on their own with the help of television and radio lectures, self-guiding study materials, correspondence with faculty advisers, periodic examinations, regular visits to an assigned tutor at a regional learning center, and finally a week's worth of classes during summer vacation. The British program is so complete that science students even receive a specially designed laboratory in a suitcase to conduct experiments at home.

Three American institutions—Rutgers, Maryland, and Houston—are now trying out some of the British study materials. Open University's closest counterpart in this country, however, is Empire State College of New York. Empire State has neither campus nor faculty. Students are assigned to a regional learning center near their homes (four are in operation, eight are planned) where a "mentor"—a kind of counselor and course planner—helps them put together an individual study package which may include some class attendance at a neighboring college, a reading list, a study guide, some on-the-job experience and often some volunteer work on a community project. The student reports back to his mentor at regular intervals for evaluation of his progress and the mentor's assistance and encouragement. To graduate the student must show that he has completed his educational objectives and assemble a portfolio summarizing his experience. Most students are expected to take about three years to earn their degree.

Colleges similar to Empire State are on the drawing boards in California, Massachusetts, Maine, and elsewhere. Florida International University is already operating and so is Minnesota Metropolitan State College. "Minnesota Metro," which is aimed at upper division students—juniors and seniors only—does not have learning centers but maintains a small staff of faculty advisers in its headquarters above a drugstore in downtown St. Paul. It draws completely on community facilities like libraries and museums and has recruited a 250-member "community faculty" composed of experts in various fields who oversee the educational programs of students in their specialties. Metro grants bachelor's degrees in public and private administration and "human services," plus traditional liberal arts diplomas.

Similarly, the "University Without Walls" enlists 20 schools from Skidmore to Chicago State which allow students to pursue personal educational goals without being tied down to a campus. "UWW" encourages adults to enroll but to date has concentrated largely on undergraduates.

In most of these programs, the old idea of building toward a degree, credit by credit, has been dropped. Instead a student's knowledge on admission is assessed, and then he and the institution draw up a contract, setting forth what he will achieve to earn his degree. The contracts are frequently lengthy and detailed, listing books to be read, papers to be written, and projects to be completed. Sometimes the student proceeds through a series of short-term contracts within the framework of a larger contract.

Minnesota Metro, which operates exclusively on a contract system, requires that each student demonstrate accomplishment in five "areas of competence." When the student feels that he has fulfilled the conditions of his contract, he asks for an examination. If a student-faculty-administration committee agrees that he has achieved what he set out to achieve, he is recommended for his diploma.

In addition to these methods of granting credit without following the usual college pattern, some schools offer what they

continued



Sears own Petit Plume.

Damask draperies that hold their shape beautifully even after washing.

First, you want a drapery that will look lovely in your room. So Sears offers this rich damask in everything from delicate strawberry pink to a deep Aztec leather shade. It's our largest assortment of drapery colors — 16 in all.

Then we had Petit Plume made in our largest range of sizes — 33 in all.

And then we did something super-special. We made sure the Perma-Prest® fabric would not only machine wash, tumble dry and need no ironing — but hold its shape beautifully. And keep its glowing colors too, because Petit Plume is sun-resistant.

Lots of new draperies are beautiful. Sears Petit Plume draperies are made to stay that way!

See Petit Plume now at most larger Sears, Roebuck and Co. stores and by catalog.

Only at Sears

continued

Home study

call "outreach" programs. Many of these are simply traditional classes located in surroundings more convenient or congenial for the student. For instance, East Los Angeles College teaches a law-enforcement curriculum entirely in the city police headquarters in the Los Angeles Civic Center. But other "outreach" programs depart quite far, both philosophically and geographically, from their traditional ivy-covered settings.

Whatcom Community College in Ferndale, Washington, sends instructors on a regular circuit of local dairy farms to teach agricultural management in the farmers' own barns and from their own books. The Vermont Regional Community College dispatches a staff member to each village to inventory residents' educational needs and then set up an appropriate program with rented classrooms and volunteer instruction.

Also, many colleges will accept televised instruction for credit. Tying into nationally telecast courses, they furnish study guides, reading lists, and supplementary materials; offer telephone and personal tutoring and counseling, and grant credit based on a final exam. Some even operate their own stations with their own programs. Golden West College in Huntington Beach, California, has just launched a "Communiversity" over its own UHF channel which will teach five courses in the fall of 1973.

Denver and Dallas have spearheaded a campaign to transform public libraries into learning centers. The program is now being extended nationwide through the College Board's Office of Library Independent Study and Guidance Projects. The Dallas prototype assigned a trained learning adviser to each of six branch libraries to assist adults with their learning needs and to pass out reading lists and study guides for each of 20 CLEP subject examinations. A faculty member from Southern Methodist University conducted three orientation sessions before each test was given.

Although colleges everywhere are plunging enthusiastically into these programs, not all permit a student to earn his degree completely off campus and on his own. Some place a limit on the number of credits which can be earned off campus or by testing — usually 24 or 30. However, there is one route to a degree open to every adult in the country regardless of age, educational background, or state of residence: the Regents External Degree Program of The University of the State of New York.

The 15-member Board of Regents of The University of the State of New York (not to be confused with the State University of New York, which has campuses throughout the state), supervises and accredits all public and private educational institutions in the state. In May of 1972 the Regents opened enrollment in an Associate of Arts degree which could be earned on the basis of 60 credits from CLEP or CPE tests, military service, transcripts from accredited colleges, or acceptable life assessments. Candidates also began enrolling in a Bachelor of Science degree in Business Administration in May of 1972, and an Associate in Applied Science degree in nursing was added in February of 1973.

More than 4,000 students are enrolled in these Regents External Degrees, and examinations which can be used to meet degree requirements are now available. A bachelor's in the arts and sciences, with majors in most traditional fields, is planned for mid-1974. So far the Regents have granted more than 400 Associate in Arts degrees, about half of them to persons living outside New York state and about 13 percent to students who satisfied the requirements completely by taking tests. One student got no closer to New York than the Canal Zone.

How difficult is it to obtain credits by tests or independent study? Officials of all existing programs caution that theirs should not be thought of as the easy way to a degree. Empire State officials, for instance, specifically warn applicants for admission that independent study is arduous and rigorous, calling for a high input of motivation and dedication and some long, lonely hours. Some students frankly cannot survive the academic grind without regular personal contact with an instructor, the discipline of a daily schedule, and the give and take of the classroom. C. Wayne Williams of the Regents' External Degree Program comments: "Earning a degree completely by tests and independent study calls for a hero image."

CLEP officials say that any alert, well-informed adult should do well on the CLEP general examinations. The course brochure on the examination in natural sciences, for example, declares: "Many of the questions



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maybe what you've got isn't ordinary dandruff.

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ch is $625 a year.

dependent study is de-
eaper for the taxpayer,
eliminates expenditure

Two-table test proves New Enriched Formula Pledge gives you hand-rubbed wax beauty instantly.

Compare this table

This table was rubbed with Johnson Paste Wax for five long minutes.

Johnson Paste Wax contains natural waxes.

Johnson Paste Wax brings out the natural beauty of the wood.

Johnson Paste Wax gives you the deep soft glow of hand-rubbed wax beauty...with a lot of hard rubbing.

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This table was sprayed and quickly wiped with New Enriched Formula Pledge.®

New Pledge contains two natural waxes found in Johnson Paste Wax.

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New Pledge, Lemon or Regular, gives you the deep soft glow of hand-rubbed wax beauty... *instantly* every time you dust.



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continued

Home study

for new classrooms and facilities. And recently CLEP has attracted hordes of incoming college freshmen, who have seen in the tests a way to reduce the four-year outlay. In fact the University of Utah has agreed to accept the general examinations as a substitute for the first year of study, thus cutting two full semesters off the total investment in time and money.

Credits earned via nontraditional study already have been widely accepted both inside and outside the academic world. CPE test scores are approved for teacher certification in New York, and both independent study and CLEP results may be used for advancement in civil service ranks. More than 35 percent of American colleges now accept credit by examination and give full ranking to students who wish to transfer after earning their credits through such less structured means. Graduates of UWW have readily been accepted to graduate schools, and a study by Chico State University in California has shown that students in independent programs have substantially higher grade-point averages than those in conventional classes.

Adults who capitalize on such programs run a wide gamut. A profile of the first Regents' graduates shows that three out of five are men, aged 20 to 63, with mean age of 33. Most had previously attended college, but about two in ten had no credits whatsoever. Some 65 percent were government employees, using the degree for job advancement. Many were military officers or employees of large corporations whose frequent job transfers had prevented them from remaining in a college long enough to graduate.

Some independent-study programs limit themselves to adults; a few make a high-school diploma or equivalency certificate a prerequisite. But most have no restrictions. If you want to know more about earning credit without college attendance, inquire at your nearest community or state college, consult the local library, or study a copy of the *New York Times Guide to Continuing Education*, published in collaboration with the College Board. And, if you're considering one of the many private home study courses available, first make sure it is accredited by a "nationally recognized accrediting agency," such as the National Home Study Council, and then that the credits earned there will be accepted by other institutions.

For a list of the CLEP general and subject examinations, along with names of cooperating colleges and locations of test centers, write CLEP, College Entrance Examination Board, Box 592B, Princeton, New Jersey 08540. Further details on the New York Regents Degree Program are available from Regents External Degree, State Education Department, 99 Washington Ave., Room 1924, Albany, New York 12210. ■

(Written in cooperation with Edwin Kiester, Jr., a noted education writer.)

To give cranberries a spec



8 facts you should know about your checking account

1. *How soon do checks clear?* Generally, if the payee deposits in the same bank as you do, the check may get back to your account the same day; in another local bank, by the next day. If the check is sent out of town, the check-routing symbol—the numbers in the upper right-hand corner like these: $\frac{1\text{-}2}{210}$ —can give you a clue. The "0" in the lower number indicates fast processing. If the number is 1 or higher, the check may clear more slowly.

2. *When does a check become "stale"?* It depends on bank regulations and state laws, which can vary considerably. Some banks won't honor a check after 90 days; others, after six months. If the checkwriter runs out of money, the check is no good.

3. *How do you stop payment?* You must request the stop before the check clears. Make the request by phone, then follow up with a written confirmation. There usually will be a small charge for the service.

4. *How do you get a check certified?* Your bank will do so at your request, if your balance can cover the check. Your account is charged immediately with the amount, and the face of the check is stamped, "Certified." This assures the payee that the check is good.

5. *What should you do about a postdated check?* The bank won't honor it before its date, so there's nothing you can do except hold it until then.

6. *How should you endorse a check?* By endorsing a check, you're saying it can be cashed, so take care. The blank endorsement—just your signature on the back—is not very safe. If the check is lost or stolen, anyone endorsing it after you have can cash it. Much safer is a restrictive endorsement like, "for deposit only (your signature)" or "pay to the order of (name of payee) (your signature)." Best of all is the combination of the restrictive and the special. "Pay to the order of (name of bank). For deposit only (your signature)." That's the method used almost universally in business, and it's a good one for individuals, too. If a check is payable to two people, both must endorse it. If it's payable to one *or* the other, only one must sign. Another point about endorsement. Don't endorse a "bearer" check if you're giving it to another person.

7. *What about accepting checks already endorsed?* Don't accept one that's not payable to you unless you know and trust the endorser. Also, a check endorsed by a minor may not be collectible if it bounces.

8. *Who's liable if a check is altered or forged?* The bank may be if it pays—unless it can show that you were careless or negligent in writing or handling it. ■

ok, start with Jell-O.®
BRAND GELATIN

These simple directions for arranging fruit make any of the recipes below look special.



1. First dissolve gelatin in boiling water. Add cold liquid. Then pour ¾ cup of gelatin into a 4 or 5 cup mold. If desired, stir spices into remaining gelatin. Chill both mold and gelatin in bowl.



2. When gelatin in mold is partially set around edges (about 30 minutes) arrange some fruit in a pattern on gelatin and gently press into gelatin, almost to bottom of mold. Return mold to refrigerator.



3. When gelatin in bowl has thickened (1-1½ hrs.) fold in remaining ingredients; spoon into mold.



4. Chill until firm, about 4 more hours. And unmold according to directions on the package.

Ingredients: *To make any of the following molds, add appropriate ingredients as listed below to: 2 pkg. (3 oz.) Jell-O Gelatin —any red flavor, 2 cups boiling water (Optional: ¼ tsp. cinnamon and/or 1/8 tsp. nutmeg).*

Cranberry Fruit Mold* *1 cup cold water; 1½ -2 cups combination of: mandarin orange sections, nuts, and cranberry orange relish (no more than ½ cup)*
*As shown above.

Double Cranberry Mold *1 cup cranberry juice cocktail; 1½ -2 cups combination of: diced apples and celery, nuts, and wholeberry cranberry sauce (no more than ½ cup)*

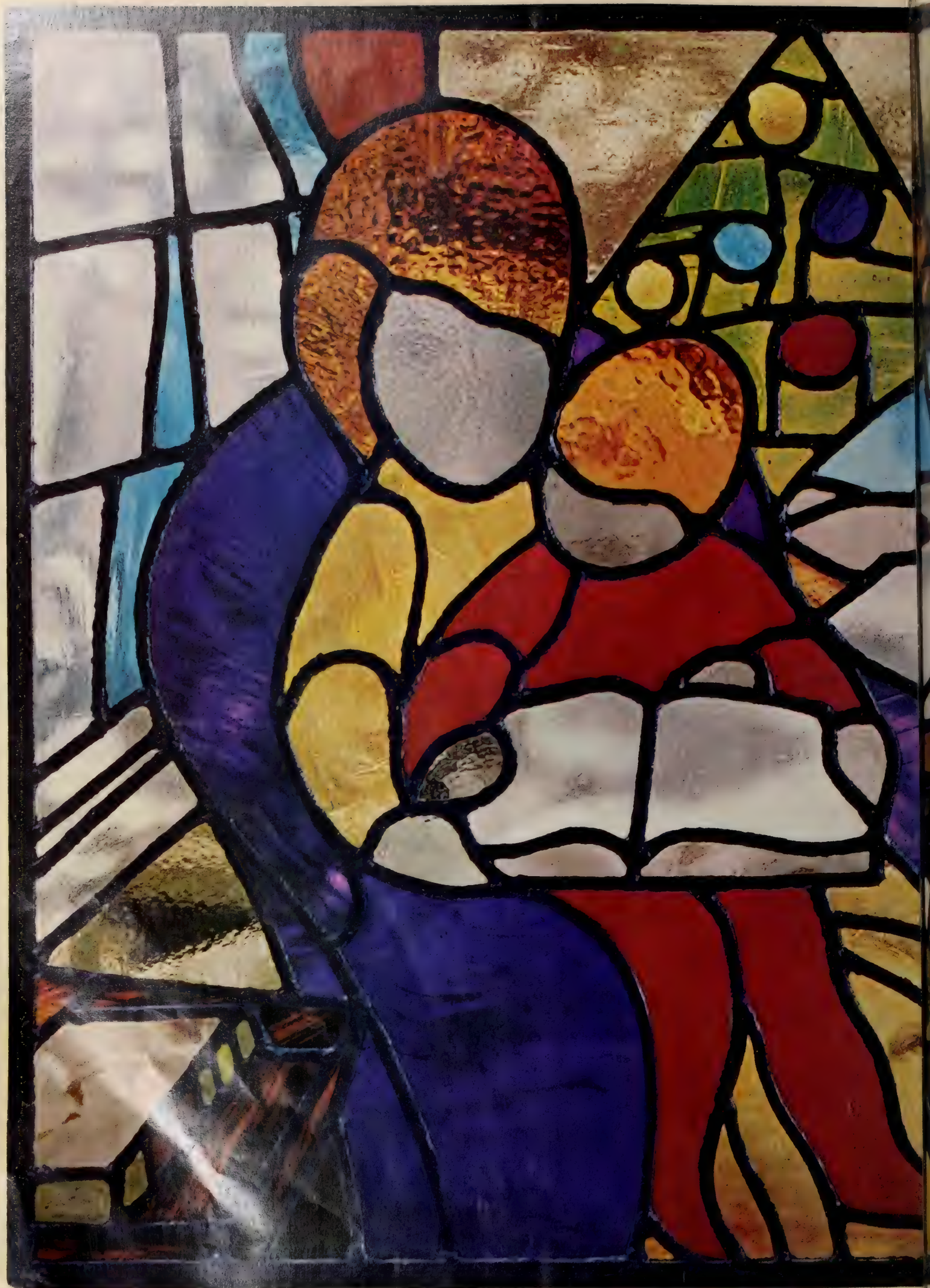
Holiday Fruit Mold *1½ cups cold water; 1½ -2 cups combination of: diced peaches, halved green grapes, and nuts.*

Start with Jell-O.

Suggested ingredients for arrangement: Mandarin oranges and/or halved nuts (walnuts, almonds, pecans)

This recipe is part of a series. Tear it out and soon you'll have a great recipe collection.

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002-73-11-CM-HR

New treatments for lost or damaged teeth



Eight-year-old Tommy was zipping along to school on his bike. A sudden sharp turn caused him to swerve; he lost his balance and fell head first to the pavement. Quivering and dazed from pain and shock, he wiped his bloodied face and mouth. Then something loose in his mouth caused him to cough, and he spit out his upper front incisor tooth, which had been knocked out of his gum.

Tommy's unpleasant experience isn't an isolated incident, but a frequent occurrence for many of today's active and sports-minded young people. In addition to being painful, such accidents can lead to emotional problems in children. An unsightly gap caused by a knocked-out tooth can disfigure an otherwise happy face.

But you needn't panic when your youngster comes home with his front tooth in his hand instead of in his mouth. Luckily, your dentist can deal swiftly and effectively with this kind of a dental emergency, or with even more extreme cases in which jawbone and other facial injuries have occurred. In some cases, however, it may take the combined efforts of your dentist and a physician to restore a crash victim's dental health and good looks.

What you should do

Few parents know how to deal with an emergency dental situation. Here are some basic rules to follow:

- Collect any tooth that's knocked out and wrap it in a wet cloth, or place it in a glass filled with salted water. Call your family dentist immediately and arrange to bring your child to his office. Don't waste time, because there's a good chance the tooth can be successfully replanted in its original socket, if you act quickly. Some parents take their injured offspring to the dentist right away, but leave the tooth at home. And don't try to clean up the tooth yourself, even if it looks messy. What you think is dirt may actually be soft tissues that will help the healing process when the tooth is reinserted in its socket.
- If you suspect a tooth is fractured or cracked, you also should check with your dentist at once to avoid any further complications. Fractured or cracked teeth can become discolored or infected.
- If the facial injuries are severe, keep the victim lying face down (or on his side) and don't let him move. This reduces bleeding and minimizes the risk of his swallowing any tooth or bone fragments, or from having his breathing obstructed by blood, loosened orthodontic appliances, dentures, or other objects.
- Open the victim's collar or tie, and *don't move him until help arrives.*
- If he isn't breathing, apply

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to-mouth resuscitation.
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natural look.

ng a knocked-out tooth

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into its socket, he may
root canal to stop infec-
ne common stumbling block to successful replantation is extensive damage to the root—which is minimized if prompt treatment is found, and there's little disturbance of the bloodied tissue attached to the tooth.

Once resettled in its original bed, the tooth can be held in place by plastic or steel wires strung around its healthy neighbors. The wires stay on about a month, during which time the child is asked to avoid biting down hard on the replanted tooth. There are many reports that indicate replanted permanent teeth in children and teen-agers can last

continued on page 52

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L'eggs are a big part of my act. L'eggs are the Super Stretching Pantyhose that fit your legs exactly. L'eggs don't bag when I bend don't sag when I somersault...fit comfortably whatever I do. So get on down to the L'eggs Boutique– and walk out with L'eggs! Shop from a whole boutique of L'eggs. Regular Pantyhose– $1.39*. L'eggs Queen Size and Sheer Pantyhose– $1.49*. Available in lots of leggy shades at the L'eggs Boutique. For your exact fit, see our Height-Weight chart at the L'eggs Boutique.

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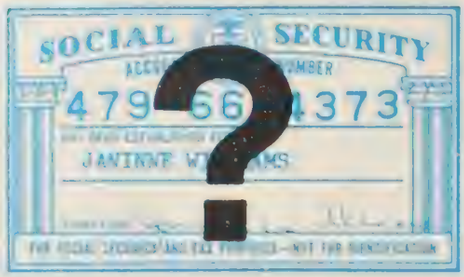
What do women get for social security?

You can collect benefits on your own earnings record under social security. Or you can collect on your husband's even though you have no work record of your own. Here are some examples under which women generally qualify:

• *Married woman who has never worked under social security.* If you are 62 or older, you are eligible for a wife's benefits once your husband starts collecting his benefits. He gets full retirement payments at age 65. Your payments will be half of his if you take them when you're 65, and approximately 25 percent less if you elect to start them at 62 and he has retired at age 65. Actually, your husband can retire earlier and take reduced benefits: 80 percent of his full benefits if he retires at 62; 86⅔ percent at age 63; 93⅓ percent at 64. When your husband retires before age 65, you will receive reduced benefits, too.

• *Married woman who has worked under social security.* If you retire and your husband continues working, your benefits will be figured on your own earnings, just as a male worker's benefits are figured. When your husband retires, you can switch to a wife's benefits (see above) if they are larger. Chances are, they won't be, if you have a good earnings record. When you apply, the social security people will determine which of the two is greater and will automatically grant it. You cannot receive both.

If you are the family's sole support when



you retire, your payments and your husband's will be reversed. He will get the equivalent of a wife's payments—half what you get—but will have to establish that he was getting at least half his support from you. If he has accumulated enough earnings credits of his own, he may qualify for larger payments.

• *Unmarried woman who has worked.* Retirement benefits are the same as a man's —full at age 65 and reduced to 80 percent if you choose to retire at 62.

• *Widow.* Under a new law effective January 1, 1973—but not retroactive— if you start receiving widow's benefits at age 65 you can collect 100 percent of what your husband's payments would have been at age 65 (assuming he had never received reduced benefits). At age 60, you can get 71.5 percent of the age-65 payments. In fact, at age 60 you can remarry and still collect half your deceased husband's benefits until age 62, when you can switch to payments based on your new husband's earnings—if the switch will be to your financial advantage.

• *Divorcée.* Payments to a wife generally stop when a divorce is granted. But if you are divorced and aged 62 or older, payments may continue if the marriage lasted at least 20 years. Certain conditions must be met, however, so it's best to check with your local social security office. Benefits also may be paid to a divorced wife aged 60 or older whose ex-husband has died. Again, check specifics.

• *Disabled woman.* In this case, you are entitled to benefits at any age, provided you have worked long enough and recently enough under social security. You also are entitled to benefits at any age if your husband becomes disabled and you are caring for any unmarried children under 18 or for any who have been disabled before they were 22. As the wife of a disabled worker, you can collect benefits at 62 without such child-care provisions. If you are disabled and the widow (or, under certain circumstances, the surviving divorced widow) of a worker covered under social security, you may be able to collect benefits as early as age 50.

The above information gives only a short summary of the rules. In some cases, social security rights are complicated and require expert interpretation. The nearest

continued on page 27

Are savings bonds a good investment?

Recently they've been as good an investment as most others you could find. During the early 1970s, U.S. savings bonds yielded an average annual return of 5½ percent when held to maturity (less if cashed in earlier), while savings and loans funds averaged about 5⅓ percent, mutual savings banks five percent, commercial bank savings accounts 4¾ percent. On the other hand, some high-grade corporation bonds paid seven percent.

These were averages, of course; you could have gotten higher or lower returns, depending upon the kind of investment and where you made it. Unusually high interest rates on some savings and investment vehicles are especially attractive right now, although many require you to invest large sums of money, or to tie up your cash for a long time. All things considered, in a time such as now when many common stocks are yielding less than four percent, U.S. savings bonds provide a very respectable way to make your money grow —provided the annual rate of inflation is held in check, of course.

Government savings bonds also provide convenience, through payroll savings plans; and safety, through government guarantees to maintain rates and provide free replacement of bond certificates that have been lost, stolen, mutilated, or destroyed. And there are some excellent tax advantages, as well.

What kinds of savings bonds are there?

Two are being offered by the government currently: the Series E bond, which accumulates interest as the bond matures; and the Series H bond, which provides current income.

With *Series E bonds,* interest accumulates over the years. The bonds are sold at 75 percent of maturity value—for example, $18.75 for a $25 bond. They reach maturity value in five years, ten months, and pay 5½ percent if held to maturity (less if redeemed before). You can redeem a Series E bond two months after purchase.

E bonds are sold in denominations of $25, $50, $75, $100, $200, $500, and $1,000. Maximum purchase allowed one person per calendar year is $5,000 issue price; if you buy them jointly with someone else, your limit is $10,000.

Series H bonds are current-income bonds, on which you receive interest semiannually by Treasury check. An H bond sells at par, or face value—for example, $500 for a $500 bond. The interest rate also is an average of 5½ percent if held to maturity—ten years, for H bonds. Here again, you'll receive a lower return if you redeem the bond before maturity. H bonds are redeemable at par after six months.

continued on page 27



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GREAT LOOKING
DRESSES

"I don't skimp on nutrition. That's why Tang™ is on my table."

—says research psychologist Jennifer Macleod



Being a research psychologist is only one of Jennifer Macleod's jobs. The other is being a mother.

When large corporations have people problems they turn to Jennifer Macleod.

She's a private consultant with a Ph.D. in Research Psychology.

When little Pam and Scott have their problems they turn to Jennifer Macleod, too.

She's their mother.

One thing Jennifer Macleod has tried to teach her children is to develop good judgement. And good eating habits.

Several moon shots ago, when her kids heard the astronauts drink Tang, they decided to drink Tang, too.

"With the vitamins C and A they get from it, I must admit they made a good decision."

Jennifer Macleod also told us the kids like the clean, refreshing taste of Tang.

"In fact," she said, "it tastes so good, the kids even have *me* drinking it."



GF
GENERAL FOODS KITCHENS

TANG IS GENERAL FOODS TRADEMARK FOR INSTANT BREAKFAST DRINK

s on page 22

ocial ecurity

social security office will be glad to help with any problems or questions you may have.

The following chart gives examples of some typical payments —recently raised 5.9 percent by Congress, incidentally, and likely to go higher if inflation persists. (Benefits will be raised by 5.9 percent as of June 1974.)

EXAMPLES OF MONTHLY CASH PAYMENTS

Average yearly earnings after 1950	$923 or less	$3,000	$5,400	$6,600	$7,800	$9,000	$10,800	$12,000
ed worker 65 or older ·led worker under 65	$ 84.50	$174.80	$250.60	$288.40	331.00	$354.50	$384.50	$404.50
65 or older	42.30	87.40	125.30	144.20	165.50	177.30	192.30	202.30
ed worker at 62	67.60	139.90	200.50	230.80	264.80	283.60	307.60	323.50
at 62, no child	31.80	65.60	94.00	108.20	124.20	133.00	144.30	151.80
w or widower at 60	74.90	125.10	179.30	206.30	236.70	253.50	275.00	289.30
w or widower at 62	84.50	145.00	207.70	239.10	274.40	293.90	318.80	335.40
w or widower at 65	84.50	174.80	250.60	288.40	331.00	354.50	384.50	404.50
·led widow or widower at 50	56.70	87.40	125.30	144.20	165.50	177.30	192.30	202.30
under 65 and one child	42.30	92.50	217.30	233.90	248.30	265.90	288.40	303.40
wed mother and one child	126.80	262.20	376.60	432.60	496.60	531.80	576.80	606.80
wed mother and two idren	126.80	267.30	467.90	522.30	579.30	620.40	672.90	707.90
hild of retired or abled worker	42.30	87.40	125.30	144.20	165.50	177.30	192.30	202.30
urviving child	84.50	131.10	188.00	216.30	248.30	265.90	288.40	303.40
mum family payment	126.80	267.30	467.90	522.30	579.30	620.40	672.92	707.90

e caution as you figure your ge earnings: Remember that its are based on *average earnings creditable under security over a period of* usually from 1951 until the er reaches retirement age, nes disabled, or dies. When letermine the average, you xclude up to five years dur- which you made the least amount of money creditable to social security, or during which you made no money at all.

The highest earnings that count for 1951 through 1954 were $3,600; $4,200 for 1955-58; $4,800 for 1959-65; $6,600 for 1966-67; $7,800 for 1968-71; $9,000 for 1972; $10,800 for 1973. In 1974, the maximum earnings creditable will amount to $12,600. Thus, if you made $6,000 in 1956, for instance, you would credit only $4,200 for that year, since that's the maximum allowed. If you earned $4,000 in 1956, however, that's all you could count. Incidentally, the highest average earnings under social security for a worker retiring at 65 in 1973 are $5,858, or about $488 a month. ■

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minations are $500, $1,000, $5,000, with the same purceilings as with E bonds.

are the tax advantages?

gs bond interest income is pt from state and local . but not from federal in- tax or from state or federal itance, estate, or gift taxes. bonds, you can usually deaying the tax until you re- the bonds, rather than pay- ne federal income tax on in- as it accrues. If you buy the s over a number of years cash them as they mature, x will be spread out.

ou also can defer payment further by exchanging your nds for H bonds. If, for exe, you exchange $1,000 at rity, the $250 in accumu- interest need not be report- n your tax return until you the H bonds. The interest begin to receive on the H s, however, is taxable on a current basis, and must be reported as income.

How can E bonds help you build a tax-free fund?

Say you want to save up money for your youngster's education. Here's a plan suggested by the U.S. Treasury Department. Start buying the bonds as early as you possibly can. Register them in your youngster's name, with you or your spouse as the beneficiary, not the co-owner. At the end of the first year, file a tax return for your child, reporting the increase in bond value as his income. In this way, you establish "intent" and need not file again or pay tax as long as his total annual income does not exceed the amount of his personal exemption. (Keep a copy of the return as evidence of intent.) When the bonds are redeemed to help with college expenses, the accumulated interest is not subject to tax, because you have in effect been declaring the income for your youngster each year the fund has been accruing.

How about a retirement fund?

The Treasury Department has some suggestions. One possibility is to buy E bonds through a payroll savings plan where you work or a bond-a-month plan where you bank. Thus you'll accumulate the bonds regularly and automatically—the most painless way to save. Such a plan allows you to put off reporting the interest until you retire, when you will start cashing in the bonds. Since your income at that point most likely will be less—and you have the tax break of being allowed a double exemption once you're age 65—your tax rate should have dropped considerably.

Another plan is to buy E bonds the same way as above but, at retirement, exchange them for H bonds. You'll keep deferring the tax on the E bond interest until the H bonds are cashed. (However, you will pay taxes on the H bond interest as you receive it.) At the current 5½ percent interest rate, here's an example of how such a plan would work:

If you buy a $100 E bond—at $75—each month for 15 years, ten months, you will accumulate $22,225. H bonds are sold in multiples of $500, so you must add $275 in cash to bring your

continued



Santa's Preview

Christmas shop early (and easy) from the colorful new Santa's Preview catalog of values. At your local True Value Hardware Store, a member of America's largest independent hardware store network.

Read Santa's Preview catalog, then shop the values at your nearby True Value Hardware Store.

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Shop hundreds of great gift values in your colorful "Santa's Preview." It's in the mail now. Or ask for it at your nearby True Value Hardware Store.

True Value
HARDWARE STORES

COTTER & COMPANY
100% MEMBER OWNED
General Offices Chicago, Ill. 60614

continued

Savings bonds

total up to $22,500 in order to switch to H bonds.

Your average monthly income from the H bonds for the next ten years will be approximately $105. That's $30 more than your original savings of $75 a month, and at the end of that ten-year period, you'll still have your $22,500 intact. Here, too, your retirement status should keep taxes down when and if you eventually cash in the H bonds.

Can you redeem just a fraction of a bond?

Yes. Say you want to get $50 cash from a $100 bond. All you have to do is notify the government. Take the bond ($50 or larger) to any bank. They will pass the bond on to a Federal Reserve bank, and you'll get a $50 bond of the same issue date as the $100 bond, plus a check for what would have been the redemption value of a $50 bond of that date.

What happens if a co-owner dies?

The bond becomes the sole property of the surviving owner—regardless of any provisions in the deceased's will.

Who will pay taxes on bonds you inherit?

You're responsible for taxes on the accrued interest—but not until you cash in the bond.

Can the bonds be used as collateral for a loan?

No. Nor can they become security for the performance of an obligation to a business or person.

Can a joint owner cash the bond on his own?

According to Treasury regulations, a co-owner can cash in a bond without the other owner's permission.

How should you leave bonds to someone?

Have that person's name added to the bond registration as the beneficiary. The bonds will be inscribed, "Payable on death (POD) to (his name)."

Can creditors get at the bonds?

Yes. The Treasury Department will recognize claims against owners of savings bonds if the claims have been established as being legitimate by valid court proceedings.

For more information: To learn more about savings bonds, write: Dept. of the Treasury, U.S. Savings Bonds Division, Office of Public Affairs-BH, Washington, D.C. 20226. ■

Now you can put together a room like th



THIS ELEGANT LIVING ROOM AND DINING ROOM ARE THE BEST OF TWO WORLDS. Crisp, contemporary colors blend perfectly with the classic 18th century look of Ethan Allen Georgian Court. The Oriental rug ties together the blue and white theme that's accented by just the right lemon shade of yellow on the Chippendale armchair and caneback dining chairs. Fresh-cut flowers are an effective personal touch. Most of the decorative accents, the rug, fabrics, furniture—even the grandfather clock—are available at your Ethan Allen Gallery.

...en if you think you can't.

Your Problem

...Perhaps you think the only alternatives you ...e when it comes to decorating your home ...Playing it safe and ending up with some-...g predictable and dull. Or trying something ...enturous and chancing a catastrophe.

Our Solution:
The Ethan Allen Home Fashion Center

...Let us introduce the New Home Fashion ...ter—right in the heart of the Ethan Allen ...ery.

...Here you'll be able to avoid making costly ...orating mistakes because of the unique way ...re able to experiment with colors, fabrics ...textures in the Home Fashion Center, not ...our home.

...n a nutshell, here's how an Ethan Allen ...ne Fashion Center works:

...Unlike anything you've seen before, the ...ne Fashion Center brings together in one ...venient area, complete selections of fabrics ...swatches of just about every imaginable ...ern and color for just about every imagin-...purpose in your home. Without running ...n store to store you'll find entire ...artments of: Broadloom ...peting; Oriental, ...casian and American ...cil design rugs; Bedspreads; Pillows; Upholstery; Drapery; Traditional and contemporary wallpaper.

With the help of our special displays and one of our talented decorating experts, you'll mix and match to your heart's content. Until, in surprisingly short time, you've decorated the home you've been dreaming of for years.

And of course the Ethan Allen Home Fashion Center is surrounded by something that will further inspire the decorator in you: The Ethan Allen Gallery—dozens of tastefully and beautifully decorated rooms. Every room in the house from the basement to the attic. Completely decorated down to details as small as the ash trays.

Free Decorating Help

Not only do we give you expert decorating help *in* our Ethan Allen Gallery, but we also give you help away from it. The Ethan Allen Treasury, our 388-page, full-color decorating and idea book. It's full of exciting decorating ideas and room settings to help spark the decorator in you. It's a $7.50 value that's yours free for the asking when you visit your Ethan Allen Gallery. For the Gallery nearest you, see the listing on this page.



Presented by **The Ethan Allen Galleries** We can help you have the home you want.

ETHAN ALLEN GALLERIES

See the new Ethan Allen Home Fashion Center and ask for your Free Treasury at the Ethan Allen Galleries listed below.

ARIZONA
Phoenix .....The Manor House

ARKANSAS
Little Rock .....Carriage House

CALIFORNIA
La Mesa .....Carriage House Interiors
Mountain View .....Carriage House
Sacramento .....Kincaid Home Furn.
San Bernardino .....Carriage House of San Bernardino
San Jose .....Georgetown Manor
Santa Ana .....Georgetown Manor
Santa Rosa ..Yeager's Carriage House
Stockton .....Georgetown Manor
Torrance .....Carriage House
West Los Angeles .....Stein's
Whittier .....Georgetown Manor

COLORADO
Boulder .....Homestead House
Colorado Springs .....Home Furniture
Denver .....Homestead House
Lakewood .....Homestead House
Littleton .....Homestead House

LOUISIANA
Shreveport .....Carriage House

MINNESOTA
Eveleth .....Sagen's Tradition House
Mankato .....Landkamer's Carriage House
Mendota ..Swenson's Carriage House
Minnetonka .....Concord House
St. Paul ....Swenson's Carriage House

MONTANA
Great Falls .....Carriage House

NEBRASKA
Lincoln .....Davidson's American Showcase
Omaha ....Davidson's Furn. Showcase
Omaha .....Carriage House

NEW MEXICO
Alburquerque .....Georgetown Manor

OKLAHOMA
Oklahoma City .....Village Carriage House
Tulsa .....Rich's Carriage House

OREGON
Portland (Lake Grove) Georgetown Manor

TEXAS
Abilene .....Carriage House
Amarillo .....Concord House
Austin .....Phillips Tradition Manor
Beaumont .....Georgetown Manor
Dallas .....Coach House
El Paso ....Charlotte's Carriage House
Forth Worth .....Plymouth House
Houston .....Black's Carriage House East
Houston .....Black's Carriage House West
Houston .....Georgetown Manor
Odessa .....Casstevens Furniture
Richardson (Dallas) .....Fowlers Carriage House
San Antonio .....Georgetown Manor
Tyler .....Pope & Turner
Wichita Falls .....Spear's Carriage House

UTAH
Salt Lake City .....Brown's Carriage House

WASHINGTON
Lakewood Center (Tacoma) .....Ralph Johnson's Carriage House
Lynwood (Seattle) .....Carriage House
Yakima ....Ferguson's Carriage House

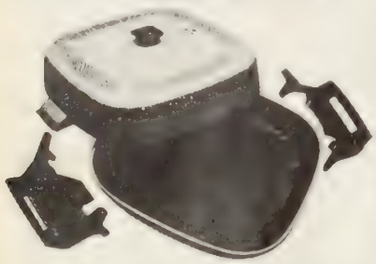
WISCONSIN
Brookfield .....Carriage House
Fall Creek (Eau Claire) ....Keller Furn.
Green Bay .....Carriage House
Madison .....Carriage House
Milwaukee .....Schell Furniture
Wausau .....Helke's Carriage House

GIFT GUIDE

There are stubborn wrinkles you can do something about. The GE Power Spray Iron gets out wrinkles, fast. All you do is press the Power Spray button (that's press no pumping with this iron), and out comes a stream of sprinkles when and where you need them. There are two settings, one a light mist for Permanent Press and the other a concentrated spray for stubborn wrinkles. Smooth.

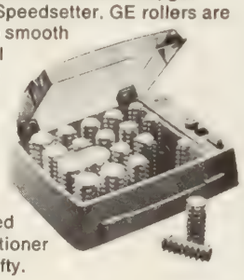


Get a GE Buffet Skillet and eat happily ever after. It's the only thing you need to braise, stew, fry, roast, pan broil, bake, simmer, steam, sauté, warm and hold!

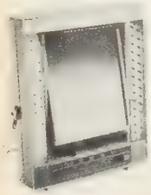


And you can pop it in the dishwasher. Cord and probe come out at the push of a button and legs and handle snap off. Just like that. Easy.

If you hate curlers and love curls, get yourself a GE Speedsetter. GE rollers are tangle-free. So smooth and easy to roll up. You get the fastest set you can imagine. There are 6 Jumbos, 10 Mediums and 4 Smalls, and can be used dry, with conditioner or with mist. Nifty.



Mirror mirror on the wall, you're not as honest as a GE Lighted Make-Up Mirror.



Have you ever checked yourself out in daylight after you've made up in the bathroom? Different? Can't happen with a GE Lighted Make-Up Mirror. It has four separate light settings: Day, Office, Home and Evening. To let you see yourself as others see you, wherever you are. Honest.

When is an electric knife more than just a meat knife? When it's a GE super sharp slicing knife with the handle that really fits your hand.



Makes it easy to zip through everything from tomatoes to pineapple to turkey to ham to bagels to sandwiches and yes, even to ice cream. Delicious.

GENERAL ELECTRIC



The sobering facts about food prices

Editor's Note: *For Americans accustomed to a well-stocked larder, the current meat shortage and soaring food prices have been an unwelcome shock—and a source of deep confusion. What's driving those prices up? Why is beef—and some other foods—suddenly hard to get? Are we facing a period of critical food shortages—and still higher prices? To shed some light on those questions, we asked the editors of* Successful Farming*—a sister publication of BH&G—to explain what's happening to the food supply, and what we can expect in the near future. At the same time, BH&G editors are presenting the consumer's view of the food-price squeeze in the pages of* Successful Farming.

The higher cost of eating is here to stay. Even if farmers harvest record crops this fall and plant corn, wheat, and soybeans from fence to fence in 1974, it will be two to three years before there's noticeable relief at the checkout counter—if then. The nearest thing to good news is that after soaring an unprecedented 25 percent this year, food costs should soon start to level off.

To understand why food prices aren't likely to go down anytime soon, it is necessary to understand why they went up. The causes didn't occur as suddenly as many people think. Even before this year's sharp price increases, the supply-demand balance was precarious. Largely as a result of prosperity, worldwide food demand was booming and grain stockpiles which once seemed so ample had, by 1972, been practically depleted. Anything less than bumper crops in 1972 portended trouble.

Trouble there was. Crops in Asia, Africa, Russia, and parts of Europe were withered by drought. A shift in ocean currents off the coast of South America sharply reduced the catch of anchovies that provide a major protein feed for livestock. In the U.S., farmers were plagued by heavy rains at harvesttime. Nearly everything, it seemed, went wrong. Thus began the frantic competition for available supplies that sent prices soaring.

Higher meat prices also had their origin several years ago. As recently as 1970 and early 1971—when an expansion of the beef supply for 1973 would have had to begin—cattle were bringing less than 30 cents a pound, too little to encourage more than a modest increase in production. Similarly, hog prices below 20 cents a pound throughout 1971 led farmers to actually cut back on production. As a result, this year's strong demand for meat collided with smaller supplies, causing record-high prices.

Despite an all-out effort to boost production, an early return to lower food prices isn't in prospect. In fact, most economists predict groceries will remain expensive into the foreseeable future—mainly because of strong demand.

Demand is up both here and abroad, but particularly abroad. As most free nations become increasingly affluent, their peoples are demanding more of the kinds of foods Americans eat. More meat, milk, and eggs. These animal protein foods require three to seven times as many agricultural resources as needed to produce the same amount of protein from wheat flour. But, for the first time in history, foreign buyers have the money to pay for what they want—even if it means competing directly with American consumers. This is precisely what's happening.

What's more, foreign shoppers have an advantage from two devaluations of the U.S. dollar within a 15-month period. This has meant that food items which now cost Americans 25 to 40 percent more than a year ago cost the Japanese, Germans, and French almost the same as a year ago. It explains why rising prices in the U.S. haven't d ened foreign demand.

Even Russia, China, and Communist nations appea have decreed improved diet their citizens. As in this co and elsewhere, the emphas on more grain with which to duce more meat.

These sobering facts a food prices are all the more ing because, until recently, Americans have been getting groceries at bargain prices. have enjoyed more and b food for less of our incomes t any people in the world. this year's higher prices notw standing, we still do.

On the average, we spend than 20 cents of each dollar take-home pay for food, wh includes meals eaten out. W ern Europeans and Japan spend almost twice that m and get less for their money. G ceries claim nearly 40 percent the average family budget Japan, yet per-person consu tion of beef averages only pounds a year—compared w the U.S. average of 117 poun Some choice beef cuts in Tok cost $10 a pound.

Why food prices in this co try remained so low for as lo as they did is certainly no secr American agriculture expe enced a technological revoluti in the '50s and '60s. Supplies f exceeded our needs and few fo eign nations had the money purchase our excess productio So huge, price-depressing su pluses piled up and, to keep o farm economy from collaps the government spent billions dollars to temporarily curb pr duction. Even so, an average 100,000 farmers a year auctione off their equipment and went o of business.

This year the situation sudden ly changed. The supply-deman balance flipped from surpluses t shortages. And from low price

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In the weeks ahead you'll find plenty ood uses for BankAmericard. BankAmericard makes it easy to d the Christmas rush. You can shop y, then make one convenient ment, or spread your payments over ral months.
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It's safer than cash, easier than checks, and you get a complete record of your holiday expenses.

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Why not get your card in time for the Christmas season? Just stop in at any BankAmericard bank (you don't have to be a regular banking customer).

Apply now, and add to your enjoyment of the holidays.



Chevrolet Caprice Estate Wagon



Chevelle Malibu Classic Estate Wagon



Vega Estate Kammback (foreground)

Vega Kammback



Chevrolet Suburban

Chevrolet Sportvan

1974 Chevrolet wagons. Something for couples. Something for clans.

The new line of wagons from rolet has something for every family le, features, luxury, utility. Things want in a wagon. And maybe a few s you hadn't planned on finding. But what you expect from America's y station wagon builder.

put new practicality into our rolet Caprice Estate.

Outside there's a new grille that's e and simple in design. Inside there's



cut-pile nylon carpeting and new l insulation that extends all the way to the cargo area. That's fitting wagon which offers a 400-4 V8, Hydra-matic transmission, power ng, power front disc/rear drum s and an electric clock as standard ment.

Ve made it more practical by providing lip-Down seats on three-seat models convert quickly to cargo floor from gle location at the right rear pas- r door. Flip-Down seats and the -Away tailgate (the window vanishes he roof, the gate disappears beneath or); that's a combination that makes al wagon convenience.

We designed a mid-size wagon for families who love to drive. Chevelle Malibu Classic Estate.

The way this mid-size rides and handles might surprise you. The refined Full Coil suspension system includes a front stabilizer bar to help keep the wagon level in the turns. And, while Chevelle wagons will seat up to eight adults or carry up to 94.8 cubic feet of cargo, the body rides on a 116" wheelbase which aids maneuverability.

You might think the standard interior with its full-foam front seat with fold-down center armrest would be found only in a personal-size car. And you may order high-back Strato-bucket seats that swivel for ease of entry and exit, and a center console.

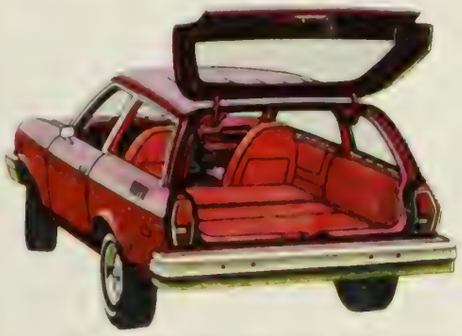


The Chevelle wagon tailgate is hatch-back type. It's counterbalanced and lifts up and out of the way. Easily. So loading cargo or entering to sit in the rear-facing seat on 3-seat models is simplified.

Presenting what looks like a new Little Woody Vega wagon.

Since its introduction in 1970, Vega has won a lot of friends. And a lot of acclaim. So why do we go and change it?

Obviously, we wanted to make a good thing better. For instance, we reshaped the front end with the intention of making Vega tougher. Where there used to be a grille, there's a neat die cast metal nose with cooling slots. Those new bumpers in front and in back are bigger and tougher. And we replaced the manually operated windshield washer system with one that works electrically.



Of course, the features that make Vega Estate the neat Little Woody it is are all there. The wood-grain vinyl exterior trim and the custom interior with deluxe buckets, to mention a few.

Suburban, Sportvan, Blazer. For people who need more than a wagon.

Station wagon convenience built on our sturdy Chevy truck chassis.

The Suburban holds up to nine passengers with available seating. And it's great for towing: put the family in the Suburban and haul your whole vacation behind you.

4-wheel-drive Blazer is the go-anywhere fun vehicle. And now, with any 4-wd V8, you get full-time 4-wheel drive. No getting out to lock and unlock the hubs.

Sportvan is the big one. It can carry twelve with available seating. Or it can hold 260 cubic feet of cargo with the rear passenger seats removed.

Chevrolet. Building a better way to see the U.S.A.

Chevrolet

continued

The sobering facts about food prices

to high prices. Agricultural commodity prices are up nearly 40 percent from a year ago and some products have doubled, tripled, and even quadrupled in price, all within a short period of only six to eight months.

Fortunately, retail food prices haven't increased either as sharply or as rapidly—the reason being that raw commodities such as wheat, soybeans, and beef on the hoof account for an a only 40 percent of th food. The remaining goes for processing, p transportation, and di These costs have incr than commodity pri helping temper the r rise in grocery costs.

Won't supplies catch up with demar supplies *are* increasing tional 20 million acre back into production should produce the lar harvests in history. Russ are considerably bigge year ago. India's mons arrived on time. Drough tralia and Africa is ov has expanded soybean And starting next yea can farmers will have light for all-out product

But almost no one these developments to quickly close the worl gap. For one thing, a su increase in supply is ne to keep pace with incre mand. For another, a acreage won't produce tionate increase in supp ply because the most pr land is already being use ly, if a potential food cat is to be avoided at som time, part of any produ crease should be used t depleted reserves.

Even with an adequat of corn and soybeans, an in the supply of meat tak Once a farmer or ran cides to produce more h example, it requires nine to produce a calf and tw more to raise a market-re mal. Furthermore, an inc *future* beef and pork supp be accomplished only by ing the *present* supply. Th withholding breeding sto market.

Larger food supplies a er farm prices—if and wh come—still won't prod matching decrease in foo This is because the othe that account for 60 per your total grocery bill ar to continue upward—due to rising labor costs processing, transportatio distribution industries. such increases may equal ceed any decline in the

continued on page 125

WHERE DOES YOU FOOD DOLLAR GO?

Beginning in Jan BH&G will publish a seri articles reporting in on every aspect of the supply chain, from farm consumer.

DOW'S Scrubbing Bubbles do the work so you don't have to.



DOW even buys the towels so you don't have to.

Buy a can of DOW Bathroom Cleaner and we'll buy your paper towels. We'll send you 50¢ (42¢ for the paper towels and 8¢ for postage). For details read the specially marked DOW Bathroom Cleaner cans in your store. Or write: The DOW Chemical Company, Inquiry Services, Dept. BRC, Saginaw Road Building, Midland, Michigan 48640.





aneling carved from the past.



arcliff—British Traditional styling. The look of finely grained l insets framed by detailed inlay strips.



Presidio—The rich tradition of Spanish Mediterranean, with deep colorings and the look of hand-set wood inlays.

ntroducing the hand-carved look of the past . . . The Historic lection. Four new Masonite brand panelings that re-create look and feel of classic hand-carved wood in durable Masonite dboard. So deeply textured, they ask to be touched. So hentically detailed, they are reproduced down to chisel ks and pegs.

ike all Masonite brand panelings, The Historic Collection is more than just good looks. Designed for easy installation, these 4′ x 8′ panels are also very easy to afford.

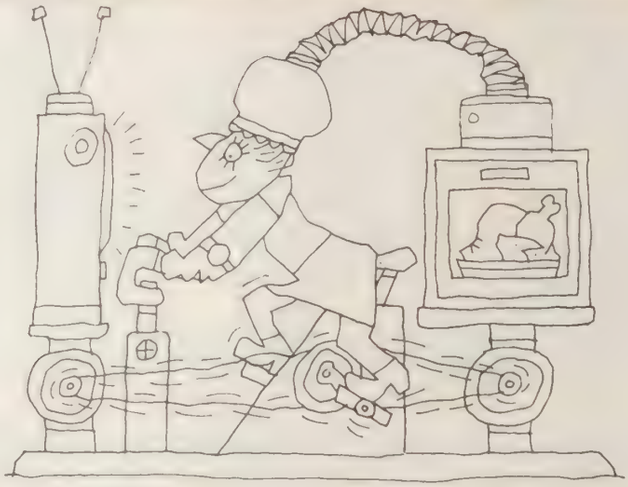
Choose from four traditional designs . . . British Traditional, Spanish Mediterranean, French Provincial, or Early American. See the entire Historic Collection at your Masonite dealer. And see how the hand-carved look of the past can add to your home in the present.

The Historic™ Collection.

Masonite is a registered trademark of Masonite Corporation. Man-made finishes on real Masonite hardboard.

MASONITE® CORPORATION

BY ROBERT A. DICKELMAN



46 ways to conserve energy in your home

With energy demands increasing and supplies decreasing, we need to do everything possible to cut the energy crisis down to size. None of the following 46 ideas is earthshaking, but they all work. They're everyday ways you and your family can conserve energy. In the process, you'll extend the life of your heating and cooling systems, appliances, and other equipment, and sizably reduce your utility bill.

Heating: good habits to get into

1. Set your thermostat at a comfortable day-round temperature—about 68-70 degrees—and leave it alone. Constantly adjusting the thermostat wastes energy. Don't turn it down at night—your heating system will just work harder in the morning to warm furniture and walls that have cooled overnight.
2. Close windows near the thermostat. Open windows will only cool the thermostat, causing the furnace to overwork and overheat the rest of your house.
3. Close draperies during the night and open them during the day. At night, the closed draperies act as insulation over cold windows; during the day the sun's warmth will supplement your heating system.
4. When you're not using your fireplace, make sure that the damper is tightly clos so heated air won't escape up the chimn
5. Keep the area near your furnace f from obstructions, especially around air intakes on the face of the unit.
6. Move furniture that blocks hot or c air registers. These obstructions can redu the efficiency of your furnace by restricti the free flow of air through the system.

Heating: maintenance

7. Before the start of the heating seas have your heating system checked to ma sure it will operate at peak efficiency wh

continued





Do the Zenith people really build a better color TV?



TV service technicians say yes. Again.

Here are the questions and answers from a nationwide survey.

QUESTION: "In general, of the brands you are familiar with, which one would you say requires the fewest repairs?"

ANSWERS:	
Zenith	35%
Brand A	14%
Brand B	11%
Brand C	5%
Brand D	3%
Brand E	3%
Brand F	2%
Brand G	2%
Brand H	2%
Brand I	1%
Other Brands	3%
About Equal	13%
Don't Know	11%

QUESTION: "If you were buying a new color TV set for yourself today, which brand would you buy?"

ANSWERS:	
Zenith	35%
Brand A	23%
Brand B	12%
Brand D	6%
Brand C	4%
Brand E	4%
Brand F	3%
Brand G	3%
Brand H	2%
Brand I	2%
Other Brands	6%
Don't Know	8%

NOTE: Answers total more than 100% because some service technicians named more than one brand.

How the survey was made.

For the second consecutive year, one of the best known research firms in America conducted a study of independent TV service technicians' attitudes toward brands of color television. And again Zenith was the number one brand named in answer to each question, as shown in the charts. Telephone interviews were conducted with TV service technicians themselves in April, 1972, and again in April, 1973, in more than 170 cities from coast to coast. To eliminate the factor of loyalty to a single brand, the study included only shops which serviced more than one brand of TV.

We want to hear from you.

We're proud of our record of building dependable, quality products.

But if it should ever happen that a Zenith product doesn't live up to your expectations – or if you would like additional details of the service technicians' survey – we want to hear from you. Write to the Vice President, Consumer Affairs, Zenith Radio Corporation, 1900 N. Austin Ave., Chicago, Ill. 60639.

We'll give your request our personal attention.

ZENITH®

The quality goes in before the name goes on.®

ed TV picture.



483 touchdowns were scored around this table.

It's not just an ordinary table. It's a Keller table.

So, go on and diagram a quarterback sneak. Or a long touchdown pass.

At Keller, we make furniture strong and dependable. A our tables are topped with scratch-and-heat resistant Armor Gard. So your dining room can be more than a dining room.

It can be a conference room.

Or a game room.

Or a study room.

Or just about anything you'd like.

And through it all, from starting whistle to final gun, it'll stay beautiful. Because it's Keller.

It's more than just dining furniture. It's KELLER.

Keller Mfg. Co., Corydon, Indiana 47112, Since 1891

d

nserve
ergy

l it.
ce or clean furnace filters
. A dirty filter can re-
flow, forcing your sys-
vork harder—and longer
t your house.
down on the belt con-
the fan motor to the
(after turning the master
switch off, of course).
properly tensioned, the
uld have ¼- to ½-inch
he midpoint between the
leys. Loosen the adjust-
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the blower housing and
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is right. Then retighten
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or on the specifications
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your gas furnace. If the
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ombustion mixture and
nace is wasting energy.
epairman and have him
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cleaned every three to
s. Or do it yourself by
g the registers and stick-
vacuum cleaner hose in-
ctwork as far as possible.
he vacuum cleaner bag
imes to ensure maximum

winter-proofing your

keep your house com-
all year long, make sure
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l house has at least six
f insulation in the attic
ree inches in the walls,
ce inches in the floors
wl spaces.
afts around doors and
—caused by inadequate
proofing—can increase
nual heating bill by 15-
ent. If you find drafts,
round outside window-
rframes. You can also in-
ather stripping between
t the top of the window
n the sill, and in the win-
nnels. A spring bronze
orks best in these places.
ck—and inexpensive—
winter-proofing, press a
ubber strip into the space
the upper and lower
You'll know that your
s relatively draft-free
d

Deluxe Introductory Offer



Presenting NEW "Brahms"

We are very proud to introduce the new, truly elegant "Brahms" pattern in Oneida Community stainless. Here, at last, is the luxurious look of a pierced traditional pattern, crafted of solid stainless. "Brahms" is designed and finished to retain its elegance and set a very special table for years to come.

Our Oneida Community stainless collection includes six other patterns for a variety of tastes, too. Perhaps you favor Early American design: Patrick Henry. Or select Via Roma in Mediterranean style, traditional Chatelaine, timeless My Rose. Scandinavian Vinland or the bold Spanish look of Isabella.

Why not take this opportunity to start a set in your favorite pattern at special savings.

Betty Crocker



Brahms
Five-piece place setting
$3.25
in Oneida Community stainless.

A five-piece place setting includes: dinner fork, deluxe hollow-handle knife with forged blade, salad/dessert fork, oval soup spoon and teaspoon all for only $3.25. (You'd expect to pay over twice as much in stores for a five-piece place setting of this quality.)

Add to your set from time to time with individual pieces from open stock at big savings with Betty Crocker Coupons. Discover hundreds of lovely items to save for in the Betty Crocker Coupon Catalog included with your order. You'll find Betty Crocker Coupons on more than 175 General Mills products.

If not entirely satisfied, return merchandise within 10 days and your money will be refunded. Order early! Offer expires January 15, 1974.

Five-piece place setting of these patterns, $3.00 in Oneida Community Stainless

Isabella P. Henry My Rose Vinland Chatelaine Via Roma



General Mills, Inc.
Box 79
Minneapolis, Minnesota 55460

☐ I enclose $3.25 (CHECK OR MONEY ORDER) for a 5-piece place setting in Brahms pattern

☐ I enclose $3.00 (CHECK OR MONEY ORDER) for a 5-piece place setting in the pattern checked below:

(PLEASE CHECK ONE)

☐ Isabella ☐ P. Henry ☐ My Rose ☐ Vinland ☐ Chatelaine ☐ Via Roma

Name_____

Address_____

City_____ State_____ Zip_____

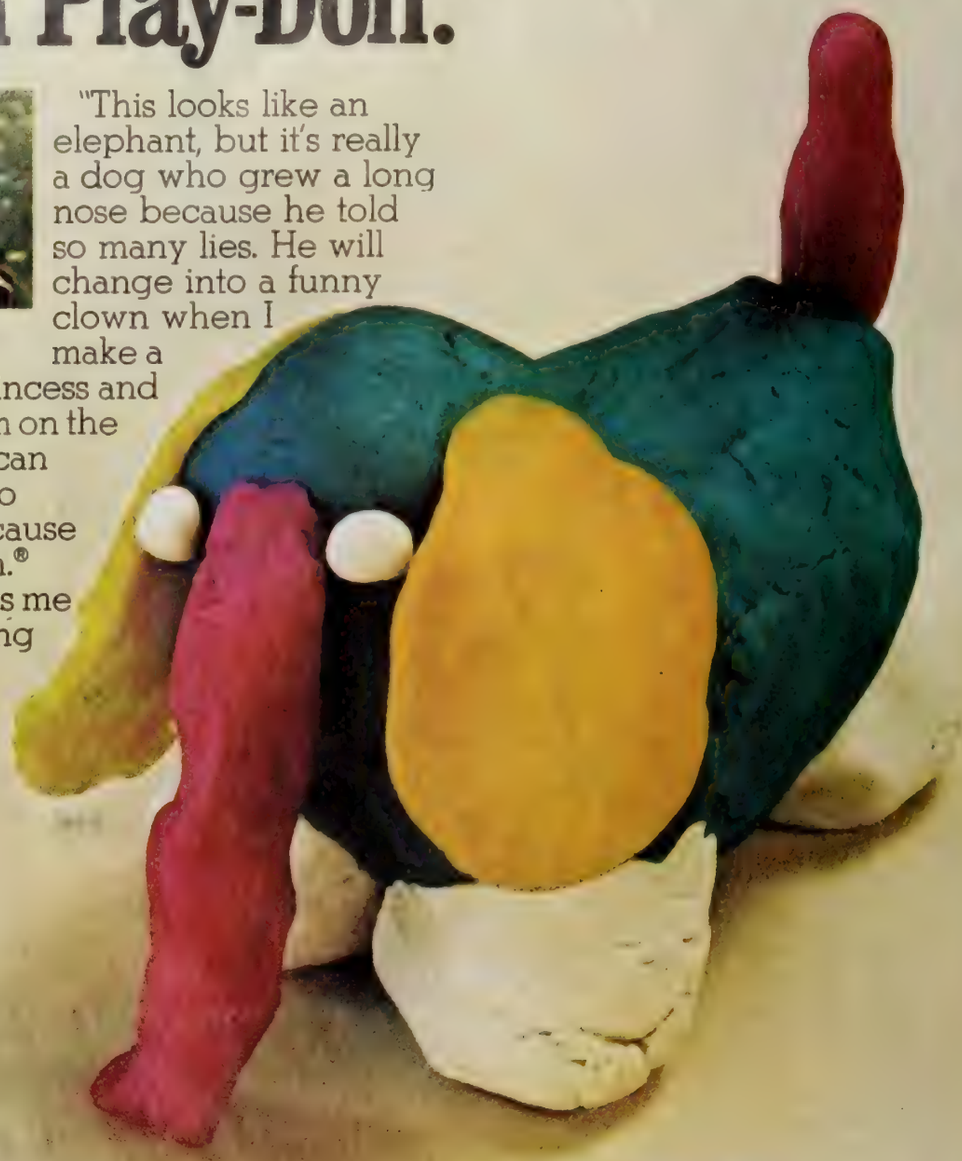
Limit one place setting per family, please. To assure delivery give zip code. Offer good only within U.S.A. Offer expires January 15, 1974.

"I can make anything with Play-Doh®."



Jeff Strasser
Westchester, Ohio

"This looks like an elephant, but it's really a dog who grew a long nose because he told so many lies. He will change into a funny clown when I make a Play-Doh® princess and she kisses him on the nose. And I can make him into anything because he's Play-Doh.® Play-Doh® lets me make anything I think."



While your child is still a genius, keep him supplied with Play-Doh®.

As he squeezes and molds any fantasy his mind dreams up you'll see why Play-Doh® is the most important plaything you can provide.

Play-Doh® Modeling Compound comes in reusable containers and in a variety of fascinating sets.



Kenner

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continued

Conserve energy

when light condensatio
on the inside of the win
the downwind side of yo
during cold weather.

15. Install storm window
by 50 percent the amoun
lost through windows. A
temperature difference
the interior and exterior
balanced, eliminating th
feeling" near windows.

16. Seal air leaks to the a
crawl space—around doo
ing fans, electrical
plumbing fixtures, heatin
and pulldown stairway
don't close the attic an
space louvers—they're
for ventilation to preven
ture buildup.

17. To prevent heat loss
ducts that go through cold
with fireproof insulation.
all of the ducts for leaks, e
ly around connecting join
any leaks you find with d
pair tape.

18. Install a humidifier o
heating system. Adding hu
to the heated air during t
winter months not only
your house more comfort
conserves energy. Humidi
is comfortable at substa
lower temperatures than d

Appliances: in the kitchen

19. Keep your appliances
Clean the condenser coils
refrigerator; dirt acts as in
lator, so your refrigerator
work harder—and longe
maintain the proper temper
Defrost your freezer whe
frost is ¼ inch thick. A
sure the door fits tightly; if
are any leaks around the
replace the rubber gasket.

20. Limit the use of sma
pliances with heating eleme
electric frypans, toasters,
counter-top ovens.

21. Keep the exhaust fan
clean; don't overwork the
by forcing the fan to pu
through a dirty filter.

22. A clear blue flame fro
burners on your gas range n
the burner is operating pro
If the flame is yellow, it's
ably clogged with tiny bi
food. Remove the burner,
use a wire pipe cleaner to
the ports. If this doesn't solv
problem, call a repairman—
try to make any adjustm
yourself.

23. On a gas range, don't
more flame—and gas—then
essary. The flames should
touch the bottom of your

continued



"May all your sours be Galliano sours."

That must surely be the sweetest sentiment two sour glasses can be raised to.

Because, to those who know, the Galliano sour is the most desirable of sours. There's something about Galliano that turns even the most familiar-tasting drink into a memorable experience.

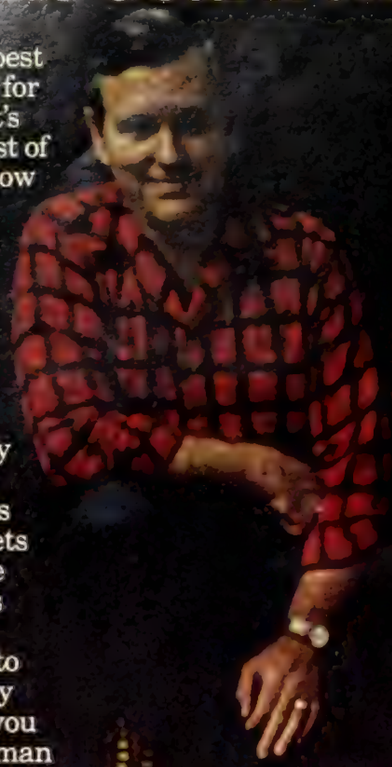
Devastate your friends with the superiority of your palate. Get a bottle of Galliano and mix as follows before their very eyes:

3/4 oz. Liquore Galliano
3/4 oz. whiskey (blend, bourbon or Scotch)
3/4 oz. fresh orange juice
1/2 oz. fresh lemon juice
3/4 tablespoon sugar

Shake well with ice. Strain into frosted sour glass. Raise with appropriate toast.

LIQUORE GALLIANO

"Buy 12 Craftsman panels, get this jig saw free. That's some deal from The Paneling People."



"One of the best deals I've ever heard of for home handymen." That's what Wally Bruner, host of the do-it-yourself TV show "Wally's Workshop", says about this special offer.

Here's how it works: U.S. Plywood, The Paneling People, will give you a Rockwell® Model 67 USP Jig Saw absolutely free, when you buy 12 Craftsman® panels. This double-insulated saw lets you cut panels face-side up, and it sells in stores for $19.99.

So it's easy to see you're getting a very good deal. And even if you need as few as 6 Craftsman panels, you can still get the saw for only $6.

There are ten different looks to choose from in our Craftsman line, ranging from formal to rustic. Or you can also get the same free saw by buying 12 panels from our new Weldwood® Collection.

Call toll-free 800-447-4700 (in Illinois, 800-322-4400) to find out the name of your nearest participating lumber or building supply dealer. And hurry, offer ends December 31, 1973. (Or such earlier date as supply is exhausted.)

From the company that makes fine U.S. Plywood products, to the dealer in your neighborhood who carries them, you'll get a good deal from

The Paneling People.

U.S. Plywood



U.S. Plywood Division © ...ion International

The Sunbeam Mixmaster Mixer.



The Mixer with a mind.

It has a 12 speed Mix-finder dial that takes the guesswork out of mixing. Just set it and mix. In Avocado, White, Harvest Gold, and Chrome. Features include: Portability. 4-quart and 1⅝-quart bowls.

Sunbeam Appliance Company, a Division of Sunbeam Corporation
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150 degrees is about right.

Miscellaneous

35. Turn off everything not being used, especially incandescent light bulbs. Turning incandescent lights on and off uses less power than leaving them on.
36. Use fluorescent lights whenever possible—in the bathroom, family room, kitchen. Fluorescent tubes use energy three times more efficiently than do incandescent bulbs. However, fluorescents need extra energy for starting, so leave them on instead of switching them on and off frequently.
37. Repair leaking water faucets—especially hot water faucets. A faucet that drips once per second wastes about 2,500 gallons of water per year.
38. Eliminate unnecessary outdoor decorative lighting. Ask yourself if you *really need* those spotlights or those lights lining your driveway.
39. If possible, turn down your gas yard light; it's one of the greatest consumers of energy. When you need more light, then turn it up again.
40. Replace old or inadequate wiring. You'll know you have a wiring problem if the television picture shrinks when the refrigerator comes on, or if fuses blow or circuit breakers frequently trip. A voltage drop of ten percent—common in many older homes—will have an alarming effect on the efficiency of your appliances. Your toaster will work 20 percent longer, and you'll get 30 percent less light from incandescent light bulbs if the wiring is inadequate.

Tips for next summer

41. Have your cooling system checked by a qualified serviceman before the start of the air conditioning season.
42. Make sure that shrubs and grass don't block the flow of air through the condenser outside. And, keep the coils clean.
43. Leave your storm windows installed during the summer to help keep the heat outdoors.
44. Set your thermostat at a comfortable day-round temperature and leave it alone. You'll save about five percent on operating costs for every degree you raise the thermostat.
45. Close draperies during the day. Light-colored curtains and blinds will reflect the sun's rays and reduce solar heat gain by up to 50 percent.
46. Use outdoor shade-makers—awnings, trees and wide eaves wherever possible. ■

tinued

Conserve energy

s, and other cooking utensils. On an electric range, turn off burners five minutes before end of the proper cooking e. The burner element will / hot and your food will con- ue cooking—without consum- any energy.

Preheat your oven for only minutes. Don't set the tem- ature higher than you need; ir oven won't heat up any er and you'll waste energy.

Check the temperature of ir oven with a thermometer to sure that the dial is accurate l that you're not wasting rgy by unknowingly using her than necessary tempera- es.

Run full loads in the dish- sher; that way, you don't waste ter—or energy heating it.

pliances: in the laundry

Run full loads in the washer l dryer.

Whenever practical, wash thes in cold water with the per cold water detergent.

Use the shortest cycle possible, so you don't over-dry clothes. You'll soon learn how long it takes to dry various loads.
31. Clean the dryer lint trap after each load. A dirty lint trap lengthens the cycle time, and your clothes won't dry as well, either. Also, check the dryer exhaust to the outside of your house to make sure it isn't blocked by shrubbery or outdoor equipment.

Appliances: in general

32. Become thoroughly familiar with the operation of all your appliances; you may be unknowingly wasting energy. Always read the operating instructions in the owner's manual before you start using a new appliance.
33. Clean or replace your vacuum cleaner bag before it is filled to capacity. If there is a change in the sound of the cleaner, or if the motor housing gets too hot to touch, check for blockage in the hose or brush.
34. Sediment in the bottom of your water heater tank may be insulating the water from the heat source. Every month, flush the sediment out of the tank by draining a couple of buckets of water from the faucet at the bottom of the tank. Also, make sure the temperature on your water heater isn't set higher than you need—

The Sunbeam Cook'N' Clean Cradle Frypan.



Easy to clean inside. And outside.

Teflon II* inside makes the frypan easy to wash, clean and fast.

The detachable Cook 'n' Clean Cradle helps keep the grease from baking on the outside of the frypan. So it washes clean and fast even in the dishwasher.

In Avocado, Harvest Gold, or Red porcelain finish.

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*Teflon II is DuPont's certification mark for scratch-resistant Teflon coated cooking surfaces.

No other leading copper cleaner gives a shine that lasts longer than Twinkle.®

Know why? Twinkle contains chronite (no other copper cleaner has it). It really holds back retarnishing. Repeat—it holds back retarnishing.

Isn't Twinkle the copper cleaner you've been dreaming about?





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How to communicate with your kids

At a time when we can technically send messages to the moon, the simple art of communication seems to have collapsed in many living rooms here on earth. "I just can't *communicate* with him," the frustrated mother laments about her teen-ager. "My mom and dad don't understand me," the adolescent says in reply. In some households the so-called generation gap yawns so wide that "communication" consists primarily of long stretches of stony silence punctuated by occasional angry shouts. In others dinner-table talk is confined to trivia so that conflict can be avoided.

For individuals, families, and the society this communication breakdown can have serious consequences. Dr. Richard Blum of Stanford University once extensively profiled the family patterns of 101 students who had been exposed to drugs. Their risks of becoming heavy users, he reported, were directly related to the kind of communication in their homes. Dr. Gerald R. Patterson of Oregon Research Institute, studying violent, hyperaggressive boys, found that most came from families where the only way to get attention was to act in a way that couldn't be ignored.

Although some people view the generation gap as inevitable and even salutary, most parents want to be able to talk to their children and help them as they shape their own adult lives. These parents recognize good communication is basic to maintaining discipline and establishing a sound value structure; they want to keep the channels open, or clear those that have been clogged. But how to do it? It's a question that has occupied many students of family relations for years. And while no one has a pat formula that will infallibly succeed in every family, there are principles and guidelines all parents can follow.

Where to start

First of all, it's important to recognize what communication is, what it isn't, and what a parent should expect to achieve from it.

"Some people confuse verbal contact with communication," says Dr. Joel Fort, a San Francisco expert on drugs and the youth culture. "They believe that because their lips are moving, they must be communicating. When these people say, 'I can't communicate with him,' what they really mean is, 'I tell him what to do, but he doesn't do it anymore.'"

Even the dictionary defines communication as a two-way process—"the *giving* and *receiving* of information." It's not a matter of one person talking, the other passively absorbing. An adult who equates communication with a general commanding of his troops will soon find his directives tuned out. One who receives information as openly and willingly as he gives it is effectively communicating.

Moreover, much that a parent wishes to convey to his children isn't best delivered in words. These are the intangibles—attitudes, feelings, values that help a child achieve independence and chart his own way through life. You can talk about concern for his welfare, love and acceptance, standards to live by, a sense of security, order and dependability, but somehow these messages can rarely be communicated by speech alone. It's important to remember that communication is a constant process. Even when you're not aware of it, you're communicating. For example, Dr. Blum found that high-risk drug users took their cues from a message their liberal parents never realized they were delivering. Extolling the child's freedom to make his own decisions, they had "told" him they didn't care if he used drugs or not.

Communication between mother and child begins long before words can be exchanged, when the medium of expression is tone and touch. As communication becomes verbal, thoughts and feelings—in the best relationships—are exchanged about the whole range of experience. Sadly, in many families verbal communication primarily concerns itself with criticism. Praise, sympathy, comfort, even joy go unexpressed. Some parents do even notice the oversight: "comment on his good behav a mother once asked Ore Dr. Patterson in genuine derment. "He's doing what supposed to do, isn't he?" critical or instructive mes will always get a better rece in a context of full and communication.

Of course, to achieve communication, a parent have something to commun —in the young people's words, he must have his together. He must operate a clearly recognizable set of ues and beliefs, a code of be ior that he is comfortable and his child understands. Diana Baumrind of the Pare Authority Research Project a University of California fo that the most confused yo people came from househ where the parents were th selves confused about what t believed. "The young child, in der to feel secure enough to requires some kind of undisr ed routine and rhythm, a pred able and orderly world," Baumrind states.

These basics aside, what me ods will help a parent to impr communications with the youn members of his family? Wh books have been written on subject, but most agree on th fundamentals:

Listen more than you talk

Dr. Thomas Gordon, a clini psychologist in Pasadena, C fornia, has established a nati wide "Parent Effectiveness Tra ing" program to help mothers a fathers with child-raising pr lems. His eight-week course h schooled more than 100,000 p ents over the past three years.

PET is based on Dr. Gordo own "job analysis" of his work a successful child therapi Eighty percent of his time w spent listening, Dr. Gord found. The other 20 percent w devoted to feeding back t child's statements and maki open-ended, non-evaluative marks to keep the child talking-

continued



ONLY A DENTIST AN GIVE HIM A BETTER FLUORIDE TREATMENT!

A kid in the cavity-prone rs can wind up with a thful of cavities. 11 is av- e between the ages of 5 and 15. But a Colgate fluoride treatment every day can help prevent some of those cavities.

Colgate® with MFP® fluoride helps strengthen teeth agai decay. Remember, only dentist can give teeth a b fluoride treatment. Ask h

SEE YOUR DENTIST. LIMIT SNACKS. BRUSH REGULARLY WITH COLGATE.

"Colgate with MFP fluoride has been shown to be an effective decay-preventive dentifrice that can be of significant value when used in a conscientiously applied program of oral hygiene and regular professional care." Council on Dental Therapeutics, American Dental Association

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continued

How to communicate with your kids

such as "You must have felt bad about that." When the child was assured a sympathetic ear, Dr. Gordon found, he poured out his true feelings, examined his problem for himself, and often settled on his own solution. The combination of what Dr. Gordon called "active listening" and feed-back became the heart of what Dr. Gordon taught parents.

Dr. Haim G. Ginott of New York University, author of the best-selling *Between Parent And Child*, similarly stresses the value of listening, especially with an ear for hidden messages. Dr. Ginott's classic example describes a boy's first visit to nursery school. "Who made those ugly paintings?" the boy asked. His mother tried to shush him, but the teacher said, "Here you don't have to paint pretty pictures. You can paint mean pictures if you feel like it." Next the boy asked, "Who broke this fire engine?" His mother said, "What difference does it make to you? You don't know anyone here." The teacher responded, "Toys are for playing. Sometimes they get broken. It happens." In both cases, Dr. Ginott says, the boy was not seeking information. He wanted to know what happened to boys who produced poor paintings or broke toys. The mother heard the words but not the meaning. The teacher "listened" to what was *not* said and reassured him.

Dr. Gordon's concept of "active listening" is quite different from the "cocktail party listening" many of us engage in—cocking one ear toward the speaker while surveying the rest of the room and thinking what to say in reply. An "active listener" takes in the speaker's words, then restates them so there can be no misunderstanding of the meaning. He prods gently to uncover the feelings that lie behind the statement. And, in parent-child communications, he restrains the impulse to tell the child what to do or solve the problem for him.

"Talk" and "listen" nonverbally as well as verbally

Messages are transmitted not only by words but by tone, gesture, expression, posture—and often this "body language" speaks more loudly and clearly than the voice does. A pout, a doleful expression, a slammed door can reveal a child's feelings before a word is spoken, and an alert parent watches for such clues. Then, just as he hears the spoken word, he must feed back what he sees: "It seems like something's really bothering you today." Dr. Gordon describes such an opener as "inviting yourself in."

Parents, too, send silent messages, and all too often they contradict the spoken ones. Says Emily Garfield, an aide to Dr. Blum in his studies: "When a mother encourages her daughter to confide in her, then goes right ahead clearing the dishes off the table, the girl quickly understands that her mother isn't that interested." Dr. Gordon says that parents should express themselves in

The nice little things you ca



Some people think a wagon can't be luxurious. But look inside our Custom Cruiser. Notice the upholstery, carpeting, and instrument panel. It's a lot like a luxurious sedan.



A long drive can make you wish for an easy chair. Our two smaller wagons have front center armrests to pamper weary elbows. For added comfort order a 60/40 divided front seat.



You can open the Custom Cruiser's power rear window from the rear of the car, or from the front seat. The tailgate disappears into the floor. So you don't have to load around or over it.

Some of our nice litt
are big things to an
bile owner. Like fine
suspension systems t
make all three of ou
ride like Oldsmobiles.
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body language just as deliberately as they choose their words. "Sit down, face the kid, use your hands and your gestures and your tone of voice—show him that you really care and want to know what he's feeling."

Express your feelings and encourage the child to express his, too

Dr. Gordon's PET classes assign parents to write down word for word what they would say in a situation like this:

You're very tired from a full day's work. You need to sit down and rest for a while. But your five-year-old keeps pestering you to play with him. He keeps pulling your arm, getting up on your lap, crumpling the newspaper. Playing with him is the last thing you feel like doing.

Ninety-nine out of 100 parents reply in one of the following ways:

- "You go find something to play with."
- "If you don't stop, I'll scream."
- "Don't ever interrupt a person when he's reading."
- "Why don't you go outside and play?"
- "You're a spoiled brat."
- "You just love to see how far you can go before I get mad."
- "Nice children don't do that."

Each of these sets up what Dr. Gordon calls a communications "roadblock." The parent analyzes, threatens, distracts, admonishes, lectures, name-calls, or questions, but never approaches the heart of the problem—that the child feels a need for attention whereas the parent feels a need for rest. Consequently, neither is satisfied with the aftermath. Either the child will pester more, hoping to get his message "read," or he will indeed go away, feeling resentful, rejected, or guilty. The parent, meanwhile, may feel equally guilty. And as a long-range result, the child who is repeatedly put down by being called worthless, thoughtless, spoiled, or ill-mannered gets a picture of himself as no good. Then, as Dr. Alberta Siegel of Stanford Medical School explains, the child will accept that judgment and try to live up to it.

Many adults find it difficult to express their feelings openly and honestly. They have been trained from childhood to hide what they feel. Like their own parents, they have sought to take refuge behind small talk, sermons, and lectures. True communication depends on breaking this cycle.

Good relationships flourish, Dr. Gordon says, when parents send what he calls an "I" message instead of a "You" message. An "I" message tells how the parent feels. "I can't rest when someone is crawling on my lap." The "You" message hides these feelings and turns the message on the child, frequently accompanied by a label or blame: "You're really a spoiled brat, aren't you?" "The 'I' message says 'Help,'" Dr. Gordon says. "It keeps the ball with the child—it's up to him to react to it, and change his behavior. It's a learning tool—he finds out that parents have feelings." A "You" message, on the other hand, teaches nothing and may lead to a counterattack, a defensive reaction,

continued

aave with an Olds wagon.



Pop open Vista-Cruiser's Vista Vent and stale air and smoke go right out the top. It's tinted to reduce glare but let the sun in.



Just the right amount of room for every need in our three Olds wagons: 106 cu. ft. in the Custom Cruiser, and 85 cu. ft. in both the Cutlass Supreme and Vista-Cruisers.



The tailgates on our two smaller wagons swing up and out of the way, leaving an opening big enough to slide dad's reclining chair right in. A button lets you release the tailgate from the front seat. And a light on the dash tells you if the tailgate isn't shut.

Other nice things:
All three of our wagons are available in either 2-seat or 3-seat models. You can specify GM steel-belted radial tires. The Custom Cruiser is available with or without a woodgrain vinyl exterior. You can order a stereo radio, rooftop luggage carrier, power windows—and many other features to make your wagon all the Oldsmobile you want it to be.





Cutlass Supreme Cruiser

1974 Oldsmobile station wagons.
Many nice things make a difference.

e people think it's a wagon.

GM

continued

How to communicate with your kids

and a name-calling squabble.

Expressing feelings isn't necessarily the same as expressing anger. Often anger is a cover-up for other emotions. The mother who scolds her child for misbehavior in the supermarket probably isn't really angry, but just embarrassed. "The parent who shows a lot of anger," says Dr. Gordon, "is out of touch with his real feelings."

Be consistent, but not s concrete

Parents have been rep minded to stand their true that the feeling consistency and dep with decisions firmly rational belief, is one important messages a transmit. "A kid neec where his parents a from," is the way o Blum's young assistan and Dr. Baumrind dec consistency in parent justice, makes the wo unpredictable and u Oregon's Dr. Patterson children even accepte ment with little compl it was meted out fairly sistently for certain behavior, what he c doctrine of logica quences."

But being consistent same as being inflexil are meant to be brok dards are meant to be c circumstances change. parent has once decre o'clock curfew is no r limit cannot be extende night on a special occ changed as the child m

Many parents who fe in" or "backing down" power trip, Dr. Gord They feel entitled to teen-ager's behavior bec are bigger, older, and pr wiser. This tactic works the child is young and de It collapses when the ch older and indeed may exactly the opposite effe cooperation parents want

Settle conflicts together— preferably before they cr

Many families resolve co one of two ways—the makes an arbitrary deci the child wheedles until his own way. Neither te works well: in the first t never learns to decide in questions for himself, wh the second he never le compromise, a sure step unpopularity with other k

Dr. Baumrind says th effective approach to co especially in adolescence— tual discussion, with bot fully expressing their po view. Miss Garfield of Dr. drug-study project and PE Gordon both advocate modification of John Dew steps to problem-solving. lows:

First, define the probl gether.

Second, advance possib tions without judging them

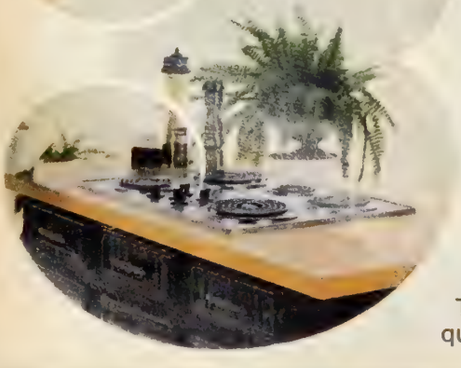
Third, evaluate the so and with each explain how

It's about time someone made polishing and cleaning easy as...













etc. could be ceramic tile, enameled appliances, plastic veneer cabinets or even your car's vinyl top. Wherever you use it, you'll find that it not only cleans and polishes, but, because it contains no wax, silicones or polymers, nearly eliminates surface build-up that can collect dust, dirt and grime. That means the surface should stay cleaner longer, and, of course, less time-consuming upkeep for you. Use SCOTT'S LIQUID GOLD COUNTER TOP AND STAINLESS STEEL POLISH & CLEANER regularly. It's quick, easy and really does the job.

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, agree on a mutually
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implement the solution.
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so be other teen-agers,
would stay with them at
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If a parent hides his own
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ation.

Hotpoint suggests five things to look for before you buy a washer.



Model DLB 2980P

Model WLW 5900P



1 The first thing to look for is capacity. Does the washer have a tub big enough to handle all your family's washing needs? Hotpoint's handsome automatic washer does. The porcelain-enamel tub takes up to 18 pounds of wash in one load. Also there is a unique pattern of perforations in the tub that helps assure complete washing and thorough rinsing results.

2 Next, look for a washer that can gently wash items you normally have to do by hand. Hotpoint's exclusive Handwash® control does both. And it can save you water at the same time. Simply remove the regular Power Agitator and there, concealed underneath, is our special Handwash Agitator. Set the Handwash Cycle, speed, and water level controls and the washer is ready to do delicate items like lingerie. Or special jobs such as tennis shoes.

3 It's important that you look for a washer that has a complete selection of wash controls. The Hotpoint model shown offers five individual wash cycles, five temperatures and five speed settings. For quick laundering, our "Rapid Wash" cycle puts your clothes through a complete wash-rinse-spin cycle in only 10 minutes. And the Soak and Wash control allows you to soak from twenty minutes up to ten hours. Then it automatically goes into the wash cycle of your choice with fresh, clean water and detergent.

4 Look for work-saving extras. Like our unique filtering ring. It has five feet of filtering surface that strains the wash water throughout every cycle. Then it cleans itself when the washing is done.

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Hotpoint

Once communication has deteriorated, can it be restored? Graduates of Dr. Gordon's PET classes say yes, as do others who have attempted a new beginning. It requires an honest admission of previous failure by parents and an openly expressed resolve to reopen the channels.

Granted no method is a cure-all; the best communication still requires careful nurture through the years. But when parents and their children treat each other with respect and learn to consider each other's feelings, the generation gap is on its way to being closed. ■



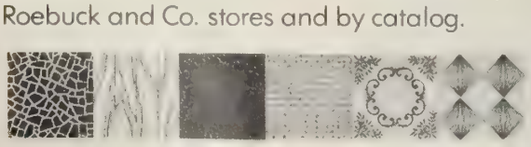
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Sears

HOUSEPLANT HOW-TO

Changing the scene

If your African violets are blooming well in a north window, by all means leave them there. But if they refuse to bloom, a change of scene might be in order. Try them in an east window where they can receive a little more light.

It's difficult to determine the proper light (for an African violet or any other plant) because there are so many variables. A roof overhang, or a nearby tree or building cuts down the amount of light that comes in a window, regardless of its exposure. (The exception is a light-colored building, which will reflect light.)

Move the plants around until their reactions indicate that you've provided the right growing conditions. If flowering plants bloom when they should and foliage looks healthy, you have done the right thing.

Photographs: Hopkins-Stanley



Grounding a pickaback

The plantlet in the pot has been getting a free ride on the mother plant in the background. That's why it's called pickaback plant *(Tolmiea menziesi)*. Propagation is easy and you have a whole new plant to start with. Fill a four-inch pot with loose potting soil, set it beside the parent plant, and pin the offshoot down with a U-shaped wire in the soil of the small pot. Be sure the center of the plantlet touches the soil. You may have to mound the soil up a bit around the crown, but don't cover it. Keep the soil moist and in ten days to two weeks, you should have a rooted plant. Tug on it gently and if it resists, you know that roots have taken hold. Cut off the connecting stem and you have an independent plant.

The pickaback plant will grow in medium to bright light. I main requirement is water, nea every other day. If you forget f a day or two, all is not lost. Wat well and the plant will revive.

The plant is also extreme light sensitive. It will turn towa the light source and quickly ta on a lopsided look. To avoid u even growth, remember to gi the pot a quarter turn each da



Christmasy crown-of-thorns

Crown-of-Thorns *(Euphorbi splendens)* is decorative fo Christmas and throughout mo of the winter and spring. Sever new varieties now on the mark have a compact growth, as show in our picture. Leaves are dens and there's a wider choice of co ors: pinkish white, rose, red, an coral. As with poinsettias, th flowers are tiny and inconspic uous; it's the bracts that mak the color show.

Although a very thorny plan this is neither a cactus nor a des ert plant, but a succulent fro Madagascar. You treat it as yo would most any other houseplan Water as soil dries out. Don't ge the soil muddy and don't go to th other extreme of letting it dry ou completely. Too much dryness— or a sudden change of atmo sphere—causes leaf drop. Bu don't panic as new foliage wi put out in good time.

Old varieties are still to b found, and you may prefer the in spite of their habit of drop ping all leaves except those at th tips of branches. Stems grow t some four feet and need support You can train them on wire ring so they'll take up less space.

continued on page 141



Shades of the Tiffany look!

When Mr. Tiffany first saw pagoda umbrellas shading Oriental royalty, he went home and designed a lampshade. You loved it. We did, too. But it's been around a while. So now Sears takes the cane and bamboo look, and updates the Tiffany!

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The Cane Collection. Only at Sears

continued from page 21

Damaged teeth

for an indefinite period, perhaps all their lives, although five to seven years is the average life expectancy. Some replanted teeth turn black because of pulp deterioration, and they may have to be bleached or capped to look normal. A replanted tooth also may require further treatment if complications develop.

While dentists sometimes try to replant knocked-out teeth in adults, long-lasting results have been disappointing. Failure is attributed to the age of the tooth, the condition of the surrounding gum tissues, denser underlying bone structure, and typically long delays before the patient sees his dentist. There have been cases, though, where unerupted third molars were successfully transferred to fill the vacant space of a diseased or accidentally knocked-out molar tooth.

More extensive repair is necessary if several teeth are lost. Occasionally a younger child will lose several primary teeth due to decay or injury. He may be required to wear removable bridges, which actually are partial dentures designed to allow for the child's jaw and facial growth. These removable bridges are fastened to neighboring anchor teeth through metal clasps.

Older children and adults with missing teeth must be provided with either fixed or removable bridges to span the gaping holes in their dental arch. Fixed appliances are attached permanently to healthy neighbors, called abutment teeth.

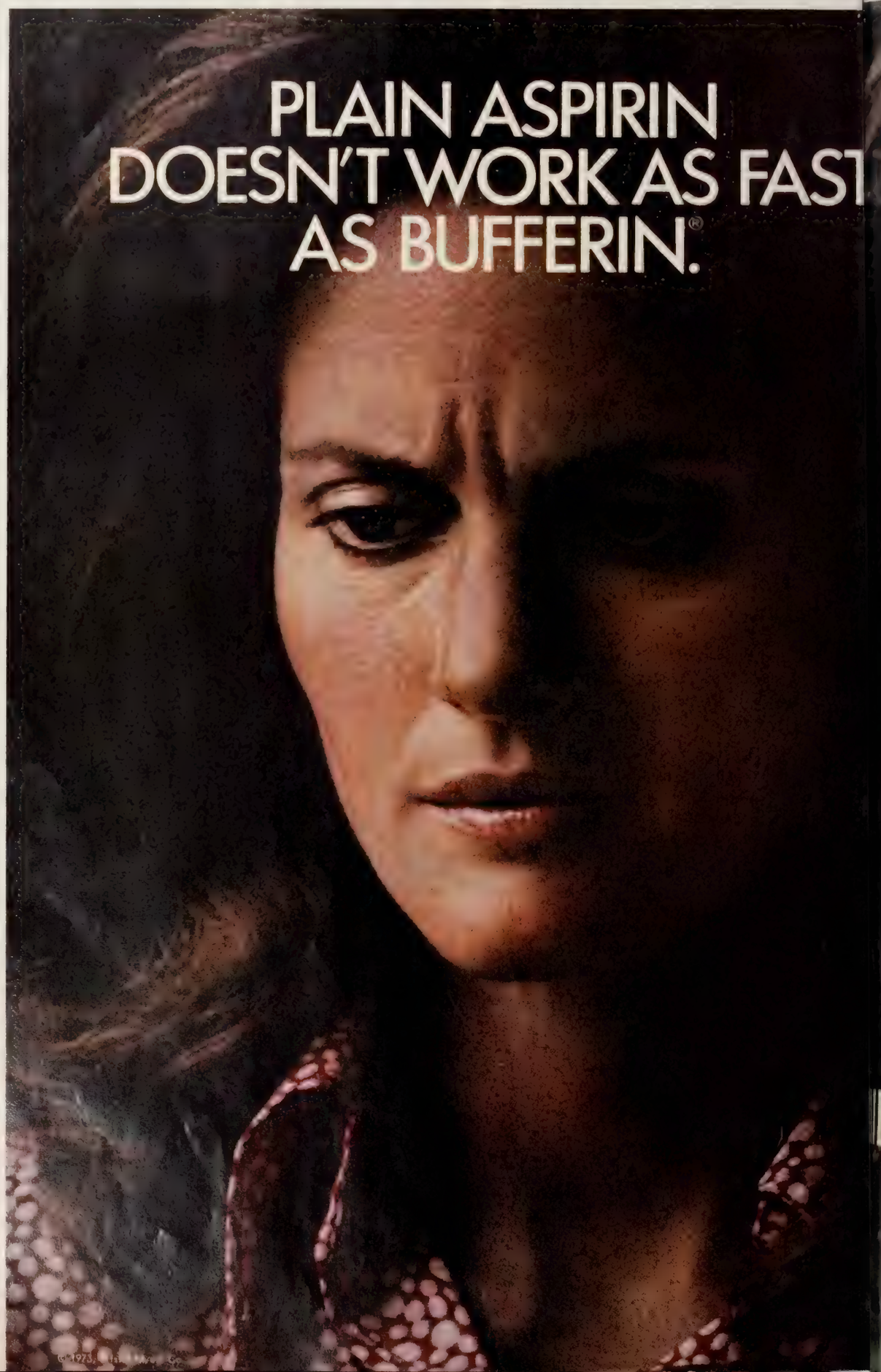
There are different techniques for attaching these substitutes to the natural teeth. They can be anchored as deeply as the root level of the abutment teeth, or fastened on top as cast gold crowns or gold with a tooth-colored veneer. Removable or fixed bridges, like braces, easily collect food debris and must be kept very clean.

Serious facial injuries

The victim is brought into the emergency room of a hospital. The accident report says he slammed on his brakes to avoid crashing into a stopped car, and, despite the fastened seat belt, his head kept moving forward and struck the steering wheel.

The results are lacerations of the mouth and lips, fracture of one front tooth, and the two apparently missing center upper front teeth. The X ray examination shows the fractured remains of the "missing" two central incisors imbedded in the upper jaw bone just under the nose. The upper front jaw (or maxillary bone) is fractured, as are the nasal bones. Actually, the victim is lucky to be alive.

This type of case may require a dentist specializing in oral surgery, and perhaps even an ear, nose, and throat surgeon. They'll remove the fractured tooth fragments, suture the damaged gums, realign the displaced facial, nasal, and jaw bones, and close the lacerations. In about six weeks,



when healing permits, the dentist will begin dental reconstruction for replacing the lost and fractured teeth. In severe accident cases, a part of the jawbone may be destroyed and the oral surgeon must replace the lost bone with bone grafts from the patient's hip.

In an emergency, a dentist may tie a bandage around the patient's jaw and over his head to bring temporary relief, before resetting the broken pieces of jawbone and wiring them together. Similar methods are used to immobilize both upper and lower jaws. Sometimes fragments are wired to teeth serving as anchor points.

In extreme cases, a patient's jaws may have to be immobilized completely and he must subsist on baby foods and liquids taken through a straw.

When large portions of the face are damaged, the reconstructive job may call for a cosmetic or plastic surgeon, in alliance with an oral surgeon. Their work may include skin grafts, and plastic surgery to recontour the face and rebuild nasal bones and cheekbones.

Dentures

If someone has lost virtually all his natural teeth (either due to an accident or oral disease), then the very last resort is full dentures. But before the dentist suggests this option he'll explore all other ways of solving the problem.

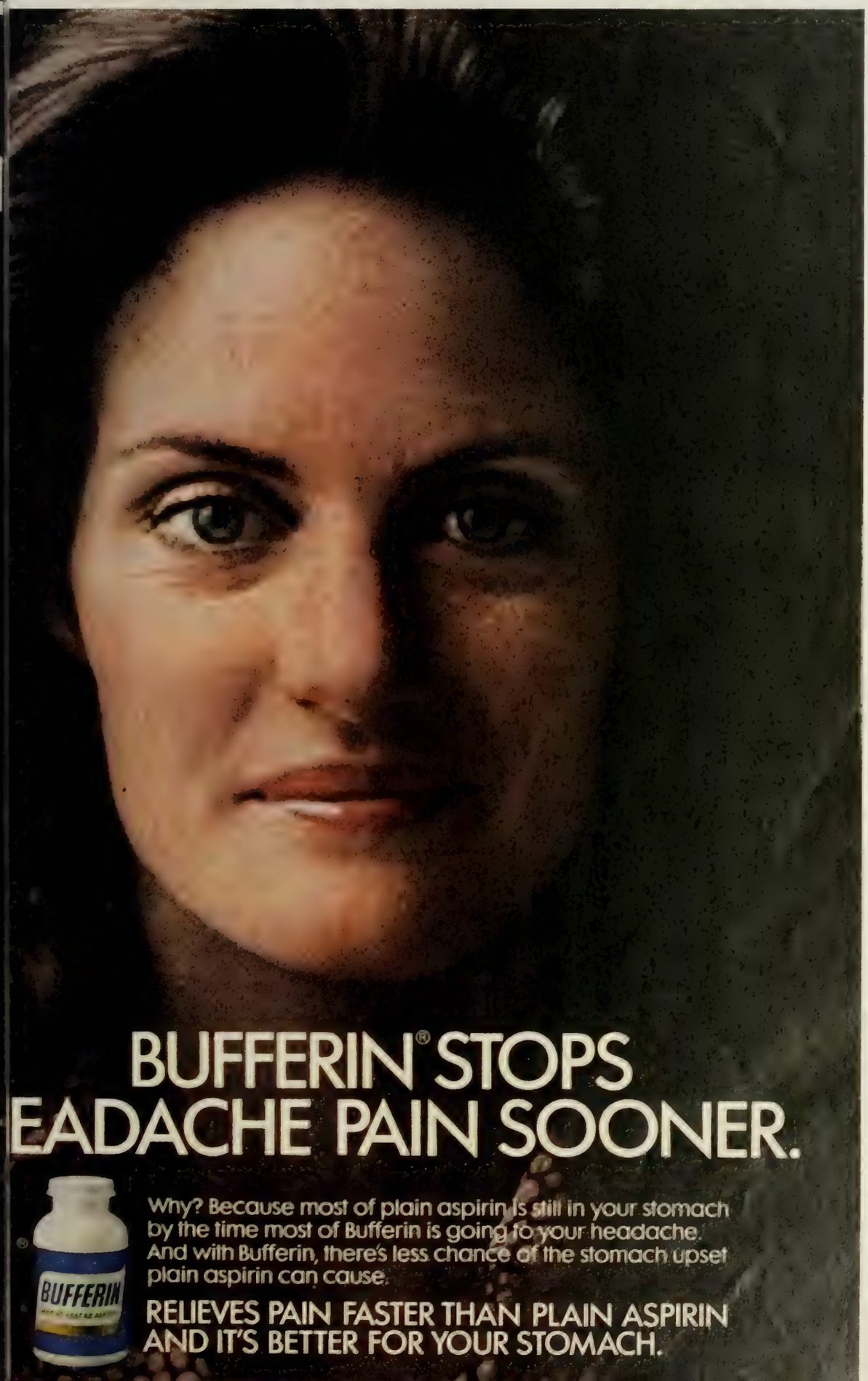
And for those who can't tolerate conventional dentures, there may be another solution—implanted artificial teeth. While implant dentistry is quite complex—and still considered experimental and practiced only by a relatively few experts—it does provide a new approach to denture problems.

There are two types of dental implants. One, called the subperiosteal implant, consists of a metal framework designed to fit an impression of the jawbone's surface. This framework rests on top of the bone and the gum tissues are closed over it.

The other kind, called endosteal implant, is placed through the gum into the bone, much like a natural tooth.

The endosteal implant comes in several different designs. One is the tripod, consisting of three or more wires that are drilled into the bone at diverging angles from one central point. Another is a blade, which looks like a razor blade with open latticework. And there are plastic and sapphire implants, which may be placed in a natural tooth socket where replantation of the natural tooth isn't feasible. Or they may be placed in an artificially prepared socket. In either case, they are splinted or tied together for about eight weeks to allow for healing and tightening of the bone about them.

Choosing implant treatment can be reached only after a careful examination by a dentist well trained in this specialty (called implantology). Varying degrees of success are reported, but it appears that the percentage of successful cases is directly related to the amount of training and experience of the implantologist. ■



Santa

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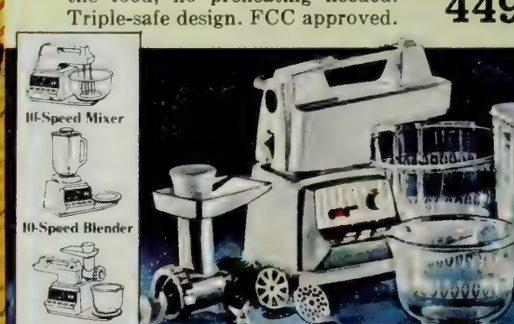
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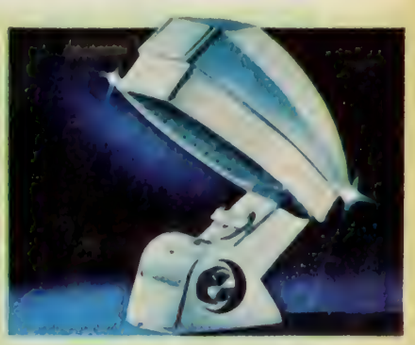


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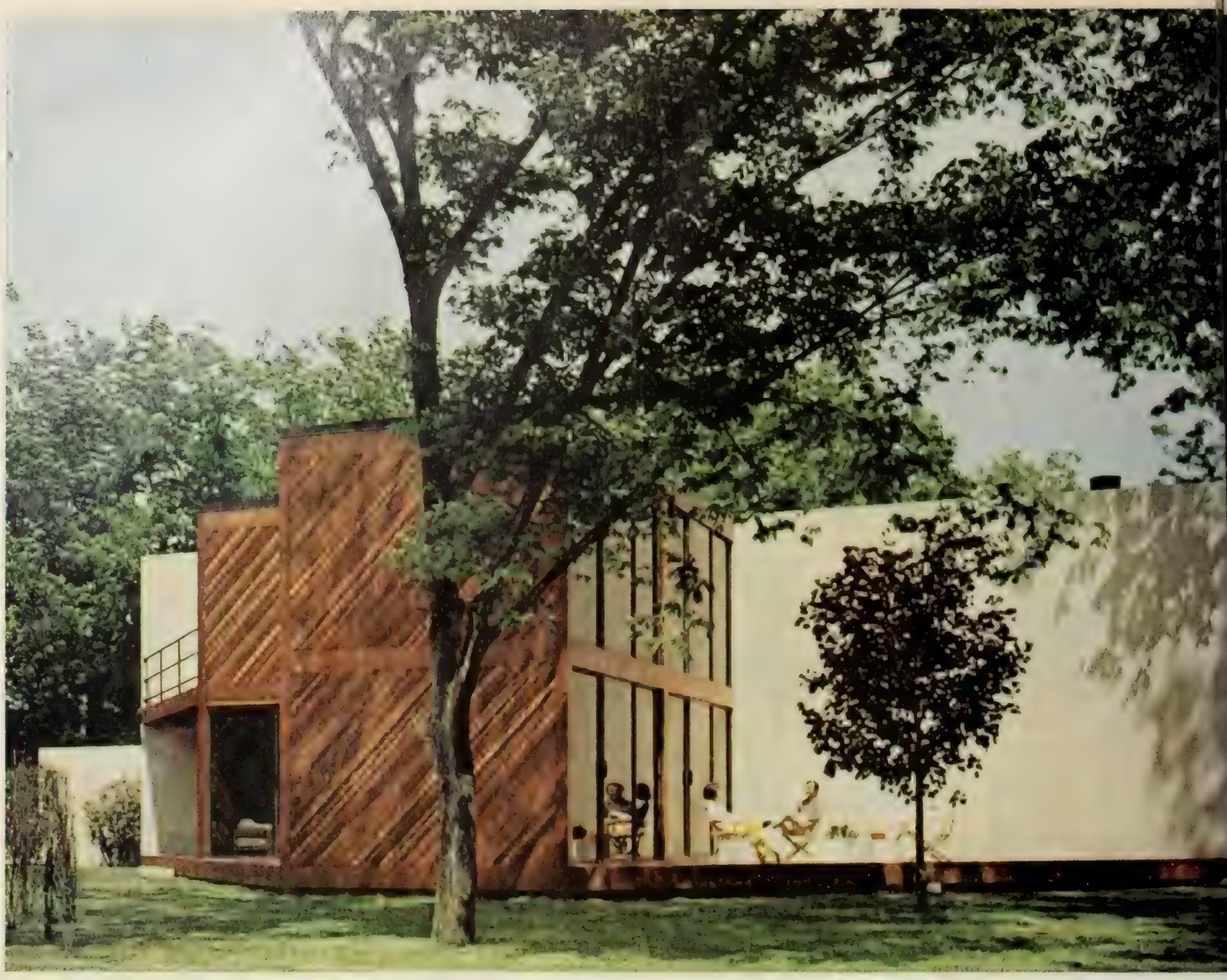


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A GREAT HOUSE DESIGN FOR OUR CHANGING WAY OF LIFE

A truly flexible home not only accommodates occupants of all ages, but also adapts to the changing life-styles of today's families. To encourage this new wave of "flex" designs, Better Homes and Gardens recently joined in the planning of this idea home in Kohler, Wisconsin. It provides ample space for entertaining, reading, conversation, dining, and relaxed living . . . and it does all this without a distinctly defined living room, family room, dining room, or playroom.

A two-story central core that houses the bathrooms, kitchen, utility areas, and mechanical equipment stands out as the main support module of the 2400-square-foot home. Extending in two directions from the core are satellite living areas—bedrooms and multipurpose zones for lounging and entertaining. They're supported on one side by the core and on the other by six-inch posts resting on concrete piers.



The exterior of the living areas is 1x4 tongue-and-groove redwood—a striking contrast to the white-painted, vinyl-coated plywood facing of the core.

Nearly 1,200 square feet of redwood decks located just a step or two from all living areas (including the three bedrooms) accent the indoor-outdoor flavor of the home. Thirteen bronze-tinted sliding glass panels, each measuring 12x8 feet, are bright, inviting portals to year-round informal living.



By Stephen Mead and David Haupert

Photographs: Hedrich-Blessing
Design Sponsor: Kohler Company
Architects: Booth & Nagle

Buying information, page 154.

You can visit this house at the intersection of East Riverside Drive and Parkway in Kohler, Wisconsin.





Better Homes and Gardens House Plan 4311-A. To order, see page 136.



Picture the entire house as a series of building blocks—or modules. The mechanical core is comprised of five 8x12 units linked up to form the backbone of the structure. Extending from both sides of the central core are 12x12 modules, gracefully blended to form one of the most fluid living patterns we've seen. And it's easy to visualize how easily modules can be added or subtracted to suit individual family needs. This particular house is 62 feet long at the core and measures 44 feet at its widest point.

An unbroken expanse of satellite living area on the first floor merges informal and formal zones so subtly that they don't interfere with each other. Despite the absence of divider walls or doors, the kids can be playing games at one end of the informal living area without disrupting a dinner party in the great hall.

Furniture, rather than walls and doors, defines the activities enjoyed in each area. For example, a multipurpose serving unit and a distinctive entertainment center—both custom built—are located at one end of the 36-foot informal living zone, identifying the "relaxed activity" area. A dining table in the center locates the informal eating area, and a seating unit facing the fireplace at the other end of the informal zone establishes the reading/conversation area.

A two-story great hall and adjoining alcove—again, simply 12x12 modules in combination—comprise the more formal portion of the house. The expansive window area and wide-open plan make it a natural for entertaining large or small groups of all ages.

The great hall easily accommodates a long dining table and a grand piano . . . with lots of room to spare. The view from the second-floor balcony is dramatic.

Comfortable auxiliary seating in the alcove performs double duty, serving both the great hall and the informal living zone. Deep-piled, oatmeal-colored nylon carpeting here—and in every area except the core—is an important unifying element.



If you think the meal-preparation area looks like a two-room kitchen, you're right. The first room, opening onto the informal living zone, functions as the main kitchen. Its high visibility serves to integrate leisure, conversation, lounging, and cooking. And its openness avoids the boxed-in feeling you find in some middle-of-the-house kitchens. The cleanup equipment—a dishwasher and trash compactor flanking the double sink—is within easy reach of the side-by-side refrigerator/freezer and cook-top range.

The highlight of the adjoining room—we call it the galley—is an 11-foot, floor-to-ceiling pantry. Rounding out the fittings are a built-in double oven, a counter-top microwave oven, and a single-compartment sink.

The two-room kitchen is an ideal arrangement for families with more than one cook practicing their skills simultaneously. And the additional elbowroom comes in handy during the last-minute scurrying before a big party. Yet, everyday chores can be confined to a small, efficient work area.

Filling out the informal living zone is a cozy reading/warming area focusing on an attractive wood-burning prefab fireplace, faced with red quarry tile. This area also accommodates overflow when large groups of guests are being entertained on the opposite side of the house.

A butcher-block table in the center of the informal living zone doubles as a games table and as a gathering place for family meals. The table is equally accessible to the open kitchen area and to the adjoining deck.



Buying information, page 154

Located directly off the second-floor master bedroom, a luxurious master bath features the latest in plumbing ware. Dual shower heads on opposite sides of the 5½ x7 tub unit produce such a fine spray that no shower curtain or door is needed. Attractive and functional lighting recessed in the ceiling brightens all areas of the room. A custom-built lavatory vanity blends well with the surrounding decor. Opening into the master bath is a large walk-in closet (see plan).

Also on the second level, overlooking the 17-foot-high great hall, is a combination laundry/sewing area. Nestled behind folding doors at one end are a washer and dryer, convenient to the rooms where most dirty clothes originate. Sewing and ironing gear is stored next to the laundry equipment.









Two custom-built roll-around units are keys to the flexibility of the informal living area. The smaller piece—a serving unit—stores glassware and beverage accessories behind birch-veneered plywood doors. A seven-foot-high entertainment unit is headquarters for the family audio/video equipment. Doors at the bottom open from both sides of the cabinet, and sliding glass above contributes to the open feeling of the entire area.

In the kids' bedrooms, distinctive desk/storage/sleeping built-ins maintain the modular feel expressed by the overall structure. Clean, simple lines make the built-ins easily adaptable to nearly any home. Hanging on the opposite walls of each room are custom-built closet units. Both rooms open onto private decks.

Better Homes and Gardens project plans. To order, see page 136.

Old-time Southern Recipes

Like many good Southern cooks, Sam Gore cooks by touch and "calling to mind" many of the hints his mother and grandmother gave him as he watched them cook. Sam does not use a written recipe or standard measuring utensils. In fact, he often makes his Buttermilk Biscuits in an oval wooden bowl that's stored in the flour bin of his kitchen. He dips the bowl in self-rising flour, makes a well in the center, adds a dab of lard and a little buttermilk, then with his fingers mixes the dough right in the bowl. This saves mixing bowls, spoons, and ultimately time, too.

Sam is a storytelling Eastern Airlines pilot who lives in Houston, Mississippi. His interest in cooking came from his mother and grandmother in the hill country of Mississippi where Sam grew up eating old-timey Southern food.

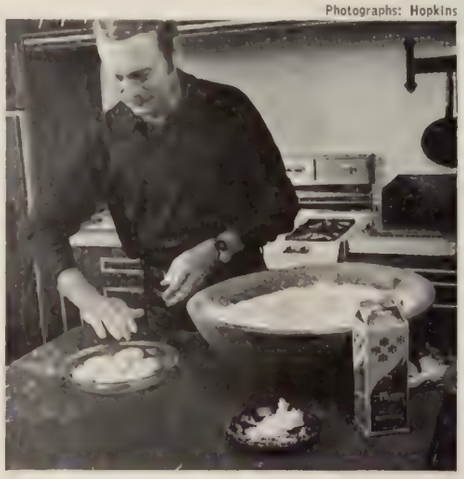
Much to the delight of our editorial staff and home economists, Sam prepared his Buttermilk Biscuits, Wild Duck, and Corn Bread in our Test Kitchen. We took copious notes as he cooked so we could translate his delicious recipes into written form for you. We hope you enjoy all three as much as we did.

Be sure to stock up on a supply of self-rising flour and cornmeal before you set out to bake the old-fashioned breads. In case you can't find self-rising cornmeal, we've adapted Sam's recipe to plain cornmeal and baking powder and soda.

Photographs: Hopkins







WILD DUCK

Sam suggests you use mallards, pintails, wood ducks, teals, canvasbacks, redheads, or most any other species of wild duck. This recipe does not work well with domestic duck—

2 wild ducks, dressed
3 tablesoons self-rising flour
1 tablespoon lard
¼ cup self-rising flour
2 cups water
½ teaspoon salt
Dash pepper
1 small cooking apple, quartered
1 potato, pared and cut into chunks
1 onion, quartered

Lightly salt and pepper inside cavities of duck. Roll birds in the 3 tablespoons flour to coat. Melt lard in 6-quart Dutch oven; brown birds well on all sides. Remove ducks to platter. Add the ¼ cup flour to drippings; cook and stir till browned. Remove from heat and cool slightly. Add water, salt, and pepper. Cook and stir till thickened. Place rack in bottom of Dutch oven. Stuff cavities of ducks with some of the apple, potato, and onion. Skewer ducks closed. Return birds to Dutch oven. Cover and bake in 325° oven for 3½ to 4 hours or till done. If necessary, remove any fat from gravy with baster as ducks bake. Makes 2 servings.

SAM'S CORN BREAD

The batter should be the consistency of "pourable pancake batter"—

2 tablespoons lard
2 cups self-rising white cornmeal
Dash salt
1½ cups buttermilk
1 egg

Melt lard in 10-inch cast-iron skillet. In mixing bowl, combine cornmeal and salt. Pour in lard, the buttermilk, and egg, stirring to blend well. Pour batter into hot skillet. Bake in 400° oven for 20 minutes or till done. Turn oven to broil; brown top of corn bread a few seconds. Cut in wedges; serve warm with butter or margarine. Makes 6 servings.

YANKEE CORN BREAD

2 cups white cornmeal
3 teaspoons baking powder
¾ teaspoon salt
½ teaspoon baking soda
2 eggs
1 cup buttermilk
¼ cup lard, melted

Stir together cornmeal, baking powder, salt, and soda. Add eggs, buttermilk, and melted lard. Beat slowly with electric or rotary beater just till smooth, about 1 minute. (Do not overbeat.) Pour into greased 10-inch heavy skillet with ovenproof handle. Bake in 425° oven for 20 to 25 minutes. Serve warm with butter or margarine. Makes 6 servings.

BUTTERMILK BISCUITS

Sam's great-grandmother made biscuits much the way Sam did for us. In her day, 25- to 50-pound sacks of flour were stored in a bin with a huge dough bowl. You don't even need a cutter if you make the biscuits the way Sam does. You mix up the dough, "pinch off a piece, and roll it into the shape of a biscuit"—

¼ cup lard
2 cups self-rising flour
¾ cup buttermilk

In mixing bowl, cut lard into flour till mixture resembles coarse crumbs. Make a well in the center; add buttermilk all at once. Stir quickly with fork just till dough follows a fork around the bowl. Divide dough in eighths. Form each piece into a ball. Place in greased 9-inch pie plate. Press to flatten tops. Bake in 450° oven for 12 to 15 minutes or till golden brown. Makes 8 biscuits.

WANTED: RECIPES MEN LIKE TO COOK

Men—share your recipe with us. We'll pay you $50 for it if selected. No food categories, no deadlines. Send your entry to "HE COOKS," P.O. Box 7, Des Moines, Iowa 50336. Recipes submitted become property of Meredith Corporation.

When you stand up, the knee won't stand out.

We size the thigh for slender or fuller legs.

The cling keeps working, so it won't wrinkle here.

Sears Cling-alon® pantyhose fits your knee, no matter what your knee is doing.

That's just part of the story. The heel is fitted, so it shouldn't twist at the ankle. And the panty fits as well as the hose.

In fact, we believe our pantyhose fits better than any other. We can't prove it. You can. Every time you wear them.

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Cling-alon. The fit to be tried.

Sears

Planning a Home Improvement?



Read this first!

You can save yourself a lot of trouble later if you know what to do . . . and what not to do . . . now, in the planning stages.

This new Idea Book from Better Homes and Gardens answers questions on the ten remodeling projects of interest to most people. Special sections include hundreds of planning ideas for remodeling existing kitchens, baths and basements; additions to get more living space from your garage, lower level and attic; ideas and plans for patio and outdoor living; and how to find space for an additional powder room or complete clothes care center. Also included with each project: A buymanship section featuring plans and materials, and where you can get them.

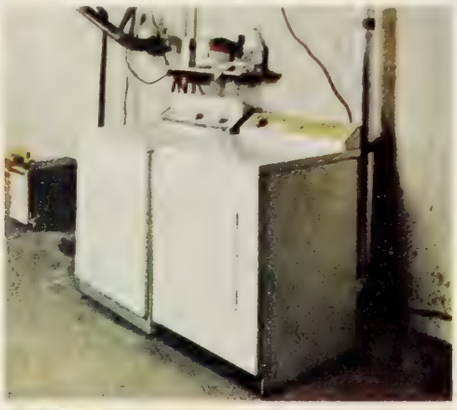
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GOOD NEWS





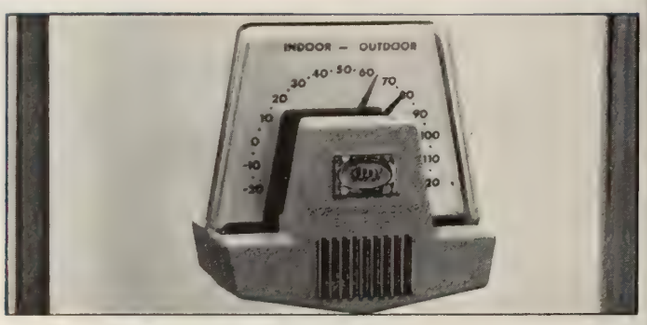


This precision tool takes the guesswork out of cutting electrical outlet openings in paneling. The device neatly combines the features of a tape measure and a template into a single instrument.

To use the instrument, simply snap it into the electrical box and extend the vertical tape to the floor or ceiling and the horizontal tape to either side where the panel will terminate. Once the tapes are in the correct positions, a thumbscrew locks them in place. Then, remove the unit with tapes extended and place it on the face of the panel with the tape ends on the panel edges. Trace around the face of the instrument, cut along tracing, and the panel is ready to install.

Made of rugged, bright-colored polystyrene plastic, the tool is easy to see on even the most cluttered workbench. And since the plastic won't conduct electricity, the unit is safe to use even in live boxes. A cone-shaped adapter—included with the unit—is handy for locating pipe cutouts and other round openings.

Panel Pal, $9.95 in hardware depts., Toolco Inc., Box 4016, San Angelo, Texas 76901.



You can tell the temperature both indoors and out with this window-mounted thermometer. What's more, the unit can be installed in minutes without drilling holes, running wires, or using tools.

The dual-reading thermometer consists of two separate thermometers held in place with a pressure-sensitive adhesive. One half is placed on the inside of the window, the other half outside. When reading the outdoor temperature, you actually read right through the indoor thermometer.

Hoppy Stick-On Indoor-Outdoor Thermometer, $3.88 in hardware and automotive departments. Hopkins Manufacturing Corp., 428 Peyton, Emporia, Kansas 66801.

continued

General Electric's new Dispensall™ washer. You load it once, then forget it till the laundry's done.



The most automatic automatic
ner General Electric ever made:
s the new GE washer with the Dis-
all system.

u simply pour pre-wash, detergent,
h and fabric softener into the Dis-
all at the start of the wash and it
matically releases each of them at
roper time, in the proper cycle.

t the Dispensall system isn't the
way this new GE washer makes
life easier. It also has the Mini-
et® feature for washing the fragile
gs you've always had to do by hand.
d a Filter-Flo® system which traps lint fuzz out of the wash water. So if a terry cloth towel gets mixed up with your good black polyknit slacks, you don't have to spend hours brushing the lint off them.

While you're checking out the new GE Dispensall washer, ask the salesman about a matching, extra-large capacity dryer (either gas or electric). The bigger space inside means smaller wrinkles in your permanent press clothes.

One other feature of a GE appliance (and one of the best) is something you may never use at all. It's GE Customer Care...Service Everywhere.™ This is our pledge that wherever you are or go in the U.S.A., you'll find a qualified GE serviceman nearby. Should you ever need him.



So get a GE Dispensall washer. And for once, have an automatic washer that practically does the laundry by itself.

Dispensall washer—another reason why General Electric is America's #1 major appliance value.

GENERAL ELECTRIC



Traps up to 99% of Pollens and Spores; 90% of Dust and Dirt from the Air Circulated Through Your Heating/Cooling System

Cleaner air is a constant benefit in your home with a Space-Gard Air Cleaner. You'll breathe air that contains less dust, dirt, tobacco smoke, pollen and other pollutants. So, there's less dusting, cleaning and redecorating to do; less aggravation of allergies. Economically installed in any type forced air system. Uses no electricity, requires no service or operating attention; minimum maintenance easily performed by homeowner. You'll like living in a home kept cleaner by a Space-Gard Air Cleaner. You'll like the price too.



cleaner air

With a Space-Gard Air Cleaner you'll breathe air that is practically free of many pollutants that can cause discomfort and stuffiness. Even the microscopic size airborne particles are removed from the air stream circulating through your heating/cooling system.



reduced allergens

Allergy cases differ widely—and the Space-Gard Air Cleaner is not a sure cure for any allergy. However, if you suffer from allergies caused by pollen, mold spores, dust etc., this air cleaner can be highly beneficial.



less cleaning, decorating

With a Space-Gard Air Cleaner, there will be less dust in the air to settle on places you have to clean or dust. And, you'll find the time interval between washing walls or redecorating is lengthened.

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FROM THE MANUFACTURERS OF THE *Aprilaire* HUMIDIFIER

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GOOD NEWS



Want a food waste disposer that will gobble up virtually any garbage you feed it without sounding like a cement mixer? This powerful line of disposers fills the bill.

Everything inside the disposer that water or garbage touches is made of stainless steel. The swivel impellers that drive food wastes into the cutters are virtually jamproof. And there's an auxiliary cutter made of tungsten-carbon alloy that will chew up peach pits, nutshells, and bones. The uni-directional motor is sealed in a one-piece housing that can't leak, corrode, or separate.

No matter how much is going on inside the unit, you hardly hear a sound in your kitchen. Both the sink and drain mountings are cushioned in a rubber to prevent vibration transfer to sink or plumbing. And the entire disposer is wrapped in a thick polyurethane foam jacket. It not only eliminates sound, but prevents condensation and offers a mar-resistant, easy-care surface that looks new for years.

A. O. Smith Food Waste Disposers, available in ⅓ and ½ horsepower models with either continuous feed or batch feed, from $41.90 to $130 through plumbing contractors. A. O. Smith Corporation, Consumer Products Division, Box 28, Kankakee, Ill. 60901.



Now you can make super-fast repairs that last almost forever with a two-part epoxy that cures in four to six minutes. Like all epoxy adhesives, it's ideal for repairing metal, wood, glass, china, leather, and most plastics. But unlike the others, this one cures so quickly that there's no need to clamp the broken item.

The unique dispenser consists of a molded plastic container with two separate compartments and two separate pistons. Just snip off the end of the double nozzle, push the double piston, and equal amounts of resin and hardener are metered out side by side. After use, the nozzles can be closed with a special double cap. The dispenser will stand erect on a shelf until needed again.

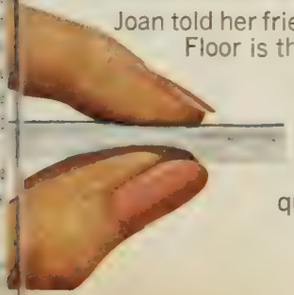
5 Minute Epoxy, $1.50 in hardware depts. Devcon Corp., Danvers, Mass.

continued

When Cathy Cole and Peggy Burton saw Joan Emery's new floor, they couldn't believe their feet.



INTRODUCING G A F SOFSTEP VINYL FLOORS



Joan told her friends how much softer a GAF Sofstep™ Floor is than an ordinary vinyl floor.

They felt the difference. With their own two feet.

Sofstep is warm, quiet and comfortable. Thanks to deep foam cushioning, which makes it almost a quarter-inch thick.

And it never needs waxing. All it ever needs is an occasional light buffing to keep its natural shine and beauty.

It makes sense to consider a GAF Sofstep Floor. But don't just use your head. Use your feet.

For your nearest GAF dealer see the yellow pages. Or for further information, write GAF Floor Products Division, Dept. 0113, Box 1121, Radio City Station, New York, N.Y. 10019.

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We designed our Parabola Lamp with several important people in mind:



Chances are your husband prefers a lamp high for reading and relaxing The kids probably like something closer to the floor. You might like something in-between.

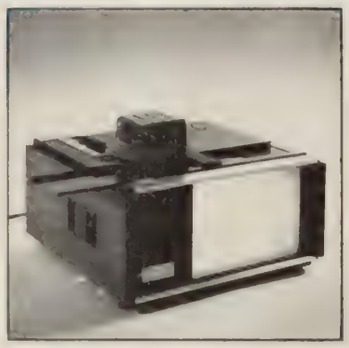
What you really need is the lamp for every member of the family... the Koch+Lowy Parabola Lamp. It's a whole family of lamps in one Adjust it from floor level to 56 inches...or anywhere in-between.

Available in polished brass or chrome at fine modern furniture and lighting stores everywhere. About $63.

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GOOD NEWS



Your family will spend more time enjoying home movies if your projector isn't buried in a closet. There's no need to hide this new projector. With its walnut wood-grain cabinet and smoke-colored acrylic dust cover, it's styled to look like the piece of home entertainment equipment that it is, and it's designed to function at a moment's notice.

Not only does the unit project your movies on a screen just as a conventional projector does, it also shows film on its 5¾-by-eight-inch TV-like screen.

There's no need for splicing to show a long series of action either. You simply load your developed 50-foot roll of film into the cassette, then snap up to eight cassettes together. Turn on the unit and it automatically threads, shows, then rewinds the film. Press a button and you're on to the next film sequence. The film itself is never exposed to dust or fingerprints.

The projector is available with slow motion and step motion modes, plus instant replay. And it functions equally well with super 8 and regular 8 films.

Bell and Howell Double-Feature Projector, $189.95 to $229.95 in photo depts. Bell & Howell, 7100 McCormick Rd., Chicago, Ill. 60645.



You're always in the ideal listening position no matter where you sit with this fiddle-free, four-channel sound system. A single four-channel balance control moves in a 360-degree circle so you can adjust all four speakers simultaneously for different listening conditions.

The eight-track tape player switches automatically for two-channel or four-channel tape cartridges. A synthesizer circuit enhances the sound of standard two-channel cartridges, as well as discs and stereo FM broadcasts.

The player unit and the four air suspension speakers have a walnut wood-grain finish. Accessory jacks on the back of the unit enable you to use the unit with headphones or as an amplifier for your record player.

SC 4200 Four-Channel Sound System with Quadrabalance Control, $299.95 in home entertainment centers. General Electric, Room 118, Building 5, Electronics Park, Syracuse, New York 13201.

For every mother who's ever wondered if she'll make it through the first five years in one piece, Fisher-Price toys will.



Because even the best of mommies occasionally feels like she's coming unstuck, it's nice to know there are some things you can count on.

Like our Fisher-Price toys. Colors stay bright. Edges stay smooth. Works work. Wheels whirl. And boats float. Things that are meant to lock, stack and "grumph", lock, stack and "grumph".

And since Fisher-Price toys run on child power, not batteries, they never run down. Or out of possibilities.

Our new Perky Penguin is never too winded to waddle.

Our new Circus Train is never too tired to "toot".

The only parts that come apart are the ones that are supposed to.

So your child can bounce and thwonk and bang and push. Pull and dream and spin and poke. Do all the things that children do. Safely and happily. Until you catch your breath.

©1973 Fisher-Price Toys, East Aurora, New York 14052. Division of The Quaker Oats Company.

Help others this Christmas... and help yourself, too



Why not give to a worthy cause this Christmas and at the same time get something for yourself, too? You can accomplish this double feat by purchasing calendars, Christmas cards, books, games, or other gift items from charities. They in turn use the profits from the proceeds of the sale to help the sick, the handicapped, the hungry, and others.

For example, you can buy a colorful 8½x22-inch dioramalike Advent calendar (see photo on this page) from the National Epilepsy League, 116 South Michigan Avenue, Chicago, Ill. 60603. The calendar depicts the celebration of Christmas in a small town. When you successively open each of its 25 numbered doors and windows, you see a translucent representation in miniature of some object or scene—each keyed to an appropriate verse—symbolic of the Yuletide. The calendars cost $1.25 each ($1 in quantities of five or more), or $1.45 if you want them sent airmail. The special NEL order form also enables you to have advent calendars sent in your name to people you designate.

Christmas cards are perhaps the most popular items offered by other nonprofit health organizations. Twelve different designs are available from the Cystic Fibrosis Foundation, ranging in price from $2 to $6 per box of 25 cards of the same design. You can have cards personalized with an imprint of your name for $2 extra for one box, $3.50 for two or three boxes, and 50 cents for each additional box. To get a descriptive brochure and prices, contact your local Cystic Fibrosis chapter (check your telephone directory) or write to the National Cystic Fibrosis Research Foundation, 3379 Peachtree Road, N.E., Atlanta, Ga. 30326.

Similar cards at the same prices are also available from the Damon Runyon-Walter Winchell Cancer Fund, 33 West 56th Street, New York, N.Y. 10019. (This charity is probably unique, none of the money it takes in goes for administrative expenses.)

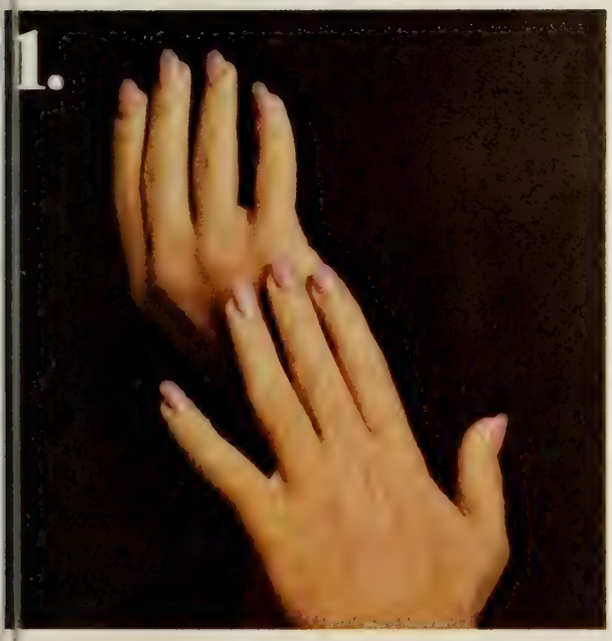
There are many other nonprofit groups, both inside and outside the health field, which sell cards and calendars as well as other items. If any of the groups listed below don't have a chapter in your locality, you can write directly to their national headquarters at the addresses indicated for brochures and other order forms:

- C.O.R.E. (Congress of Racial Equality), 200 West 135th Street, New York, N.Y. 10030. This group offers 20 different Christmas cards with illustrations by such artists as Norman Rockwell and Peter Max and messages by Anne Frank and James Baldwin, among others. Price is $5 per box of 25 cards of the same design. No imprinting.
- The Lighthouse Craftshop, 111 East 59th Street, New York, N.Y. 10022. The shop, which you can also visit, sells toys, aprons, children's smocks, and many other articles made by the blind. Prices range from $2.50 (knit animals) to $20 (rugs).
- Muscular Dystrophy Associations of America, 1790 Broadway, New York, N.Y. 10019. Three Christmas card designs are available, each by an artist with muscular dystrophy. The cost is $4 per box of 25 cards of the same design. Imprinting charges start at $3.50 per box, but are lower in quantities.
- National Association for Retarded Children, 2709 Avenue "E" East, Arlington, Texas 76011. You can choose from among 25 designs at prices ranging from $2.50 to $6 per box of 25. Imprinting costs $3.50 extra for the first box, 50 cents for each additional box.
- National Audubon Society, 950 Third Avenue, New York, N.Y. 10022. The four card designs offered (featuring nature themes, of course) each costs from $4.50 to $5.50 per box of 25. Imprinting, however, is not available. In addition, the Society also has a wide variety of other items with nature themes—calendars, nature books, records, and games (some geared for children), place mats, trays, notepaper, even neckties. Cost ranges from $1.50 to $20.
- National Wildlife Federation, 1412 Sixteenth Street, N.W., Washington, D.C. 20036. Here, too, the emphasis is on nature. There are ten different Christmas cards to choose from at a cost of from $3.50 to $7.50 per box of 25, with a nominal extra charge for imprinting. Dozens of other items are shown in the brochure: stocking stuffers, wildlife miniatures, books and records, games and puzzles, stationery, tote bags, pillows, and bird feeders.
- United States Committee for UNICEF, 331 East 38th Street, New York, N.Y. 10016. Although UNICEF sells such items as calendars, notepaper, and a songbook, it is most famous for its Christmas cards featuring the work of children as well as leading artists all over the world. The money from UNICEF cards goes to help needy children in 111 developing nations. For example, with one box of cards you enable UNICEF to protect 75 children against tuberculosis, or with ten boxes you can provide exercise books for 150 school children. And you can be sure your money is needed. The nations receiving UNICEF funds match every $10 with $25 from their own resources for these important projects. This year, 26 Christmas card designs are available to you, costing from $2 to $3 per box of 12, with a nominal charge for imprinting. There is also a greetings sampler of the most popular UNICEF cards of past seasons ($3 per box of 25), and a gift pack of all-occasion cards and notepaper ($5 per box of 50 items).

Be sure you send for your brochures right away so that you can mail your orders in time to get delivery well before Christmas. You may also want to consider buying from organizations other than the ones listed here. If so, take the time to make sure that they are legitimate and deserving. You can do so by checking with your local Better Business Bureau or the Council of Better Business Bureaus, 1150 17th Street, N.W., Washington, D.C. 20036. A membership (cost, $15 and up) in the National Information Bureau, 305 East 45th Street, New York, N.Y. 10017 entitles you to receive detailed, critical reports on some 500 national charities.

One final caution: Both the Council of Better Business Bureaus and the National Information Bureau warn against buying from or contributing to charities who send *unordered* "gift" items in the mails, because of the high fund-raising cost this practice entails. ■

Can you match their hands with their ages?













It's not easy, is it? They both have young looking hands. Nancy MacIntosh, age 20, is a teacher. And she hardly ever washes a dish. But Mrs. Sherron Sandrini, age 31, does lots of them every day. She says, "I have the same responsibilities most married women have. I make a home for a husband and three children. And that means housework and lots of dishes! That's why I take care of my hands and use mild Ivory Liquid. I just know Ivory Liquid helps me keep my hands young looking."

Mild Ivory Liquid helps keep hands young looking.





Does Your Mirror Say It's Time For A Serious Night Cream?

When you reach a certain age (we'll never tell what it is, but you'll know when the time comes), you need a very special kind of night cream. At that moment of truth, discover the secret benefits of enriched Olay Vitalizing Night Cream, a secret shared by fortunate women in many parts of the world who never seem to show their true age.

Olay Vitalizing Night Cream is especially beneficial for the problems of older skin. To make wrinkles less noticeable by softening away dryness. To provide a wealth of moisture, emollients and soothing unguents to smooth and cherish skin. Age signs on your face and throat soon become far less obvious as your complexion grows clearer, softer and younger-looking.

Olay Vitalizing Night Cream is thick, rich and concentrated. This is no fluffy, lightweight cream to slick on casually. It is a serious cream, particularly appropriate for the very real dry-complexion problems of older skin. It is meant to be massaged on, faithfully every night, with firm but gentle upward strokes, to soothe in the moisturizing ingredients that combat aging dryness of your face and throat.

Leave a light film of Olay Vitalizing Night Cream on the surface of your skin. If you have used a great deal, you may want to tissue off some of the excess. But be sure a little remains as a protective barrier that helps retain nature's own moisture, so essential for excessively dry and wrinkling skin.

For a most beneficial result, knowledgeable women apply Olay Vitalizing Night Cream just before bedtime to let it work its wonders as they sleep. The quiet nocturnal hours are a most propitious time for skin enrichment. But any time, day or night, is an effective time to pamper and smooth your face and throat with this enriching cream.

Beauty Hints

Faithful nightly massage helps maintain muscle tone and firmness. Olay Vitalizing Night Cream makes this ritual simpler and more satisfying. Hold your fingers flat together and circle the cream gently onto the skin, starting at the base of the throat and working upward to the chinline. The cream's precious moisturizing ingredients alleviate wrinkle-accenting dryness in this needful area.

* * *

Aging signs show early around the eyes. During the day, pat a little Olay® Vitalizing Night Cream into this crucial area to ease away the dryness that can make little tell-tale lines far too noticeable. Be sure to use delicate, feather-light strokes of your fingertips.

Choosing and using hair colorings

Blonds have more fun, or at least that's how the old line goes. Just substitute coppery red or raven black hair if that's your dream. Some people simply want to banish unwelcome gray; others seek a dramatic switch to platinum blond. But sooner or later, most of us are tempted to tamper with our hair color.

Whether you're already helping out your hair color, or just contemplating a change, you need to know what products are available, what you can expect of them, and how to use them safely.

Temporary hair colorings can be found in acid color rinses and high-intensity color rinses, either of which will blend in gray, add luster to your natural color, or change it temporarily to a darker shade. These must be reapplied after each shampoo since they wash out, but they resist rubbing out on pillow and comb as their predecessors often did.

Permanent tints include the metallic dyes, vegetable dyes, combination tints and aniline derivative dyes. Metallic dyes, often called "color restorers" and "progressive tints," coat the hair gradually, on several successive applications. Only a few colors are available, and these would scarcely fool Mother Nature. Also, the metal salts in metallic dyes leave the hair unsuitable for permanent waving. Today, most of these dyes are used by men. Vegetable dyes, like Egyptian henna, also coat the hair and give it a somewhat unnatural appearance, which no doubt accounts for their declining popularity. Compound tints, a mixture of vegetable dyes and metallic salts, also "compound" the unnatural look.

The most recently developed permanent hair tints are the *aniline derivative dyes* sometimes called "organic," "penetrating," or "oxidation" dyes. They contain paraphenylenediamine (PPD); like all organic chemicals, this was at one time derived from coal tar, and often is called a "coal tar dye." When combined with a developer, usually hydrogen peroxide in liquid or cream form, PPD softens the outer layer of the hair and penetrates into the hair shafts, lightening the existing pigment and depositing additional pigment as well. The results of these aniline dyes are permanent, pleasingly natural, and quick to achieve at home or in a salon.

On the debit side, PPD does occasionally produce an aller reaction, mostly mild scalp irri tion but sometimes a more sev reaction. Even after many tr ble-free applications, you co get a reaction on the next try. a result, tints containing PPD. required by law to carry a wa ing on the package. If you this type of tint, be sure to re the directions carefully a patch-test for sensitivity.

Whenever hair is changed to lighter color, some degree *bleaching* is required. Often the moderate bleaching done the peroxide in an oxidation t mixture, so the dye can repla some of the hair's original p ment. Or, if you want a very lig shade or one drastically differe than the original, bleaching c be done as a separate step. He 17 to 20 volume peroxide is a plied to the hair for up to an ho to strip out all or part of the na ural pigment. The bleached h is then either rinsed with a ton —a pale, semipermanent tint f the light blond shades—or, n that the hair is sufficiently so ened to take enough color, tint to the desired new shade.

Mild bleaching can be do alone to lighten and brighten t existing hair color, giving it natural, sun-bleached look. O following the current vogu bleach can be used to "frost" "streak" hair. This was once a expensive method only availab in salons, but now it's easy and i expensive to do at home. Kits a available that include comple instructions and everything you need.

If your hair is very dark, yo may want to add a peroxid bleaching solution to speed up i action. Or, if your hair has to much red in it for the color you' chosen, mix a "drabbler" with t bleach to mask the red.

Whenever peroxide—whic alters the structure of your hair outer layer—is involved, there a chance of over-processin especially if you use bleach alon or the bleach-then-tint metho Though your new color is perm nent—except for some sun chemical leaching—you'll hav to bleach and tint new growth of hair as they appear.

Shampoo tints are the easie and least expensive permane hair colorings available. F about $3, you can get a shampo tint package containing an appl cator bottle of cream developer, shampoo-oxidation dye solutio

continued on page 155

Rich. Chunky. Chewy. Moist. All at the same time.

It's the new Betty Crocker® Bar Cookie.



Peanut Butter Chocolate Chip

Honey Spice Nut

Butter Pecan

The Bar Cookie Mix. It's new, and only from Betty Crocker. And there's enough in each box for a 13 x 9 inch baking pan. Isn't it nice to know that with so little effort you can bake up so much great taste?



THE COUNTRY FRENCH LOOK

Practical, charming, right for any room



By Richard W. Jones,
Robert E. Dittmer and
Pamela Wilson Cullison

To most of us, 17th- and 18th-century French furniture calls to mind fragile chairs and curlicued tables—nice to visit in a museum but nothing you'd want to live with. The Country French mood is something else. True, it was inspired by the elegant furnishings of the French court. But canny rural craftsmen modified the style to fit the needs of people who lived, not in castles, but in simple country cottages. What resulted is a style that's warm, versatile, and thoroughly in tune with today. To see just how livable, and attainable, this comfortable Country French Look is, follow us as we show it in its authentic beginnings, then in reproductions, and last of all in a contemporary setting.

In 18th-century France, home for many rural people was one large room used for cooking, eating, and sleeping. A family of average means might have had a room like this. The walls are whitewashed plaster, the ceiling is beamed, and the ponderosa pine windows are recessed in typical country-cottage style. The fireplace was the heart of the home because it supplied the only means of heat for both cooking and warmth.

In the old days, only royalty possessed rugs, so floors were usually covered with ceramic tile, brick, or slate. People with less means covered their dirt floors with straw, sometimes mixed with scented herbs. The floor in this room is covered with a hexagon-design ceramic tile.

The curtained nook in the picture above is called a *lit clos*—or enclosed bed chamber. It was built this way to keep out cold drafts, and to offer privacy. In homes with only one *lit clos,* the entire family slept in the same bed.

Next to the bed chamber is an antique bed stand on which is a *bouillotte* lamp. It consists of one candlestick rising from a base that's topped with a metal shade which is lowered as the candle burns down. (All light in this authentic setting emanates from candles.)

During the 17th and 18th centuries, both men and women shared a penchant for writing—not only letters, but diaries, journals, and memoirs. For this reason a desk was an essential feature of every French home.This desk is very old, and so are the chair and clock sitting next to it.



Photographs: Harry Hartman

Buying information, page 154.



THE COUNTRY FRENCH LOOK



The *buffet-vaisselier* in the picture at left was a common sight in country French homes because the French homemaker loved to display her cooking ware on open shelves for everyone to see. Prominently displayed on these shelves is a collection of French *faience*. Similar in appearance to pottery, *faience* was made of red or yellow clay, and decorated with a fine enamel or lead glaze. Its vogue during the 18th century was short-lived, however, because porcelain-makers were so jealous of its popularity that they passed laws banning its production. As a result, old *faience* is quite rare today.

Sitting on top of the *buffet-vaisselier* is a collection of pewter measures (pewter was the poor man's silver in old France), and a bonnet form used by women to keep their *chapeaux* in good shape. On the floor next to the buffet is a bottle rack on which wine bottles were hung upside down to dry.

The window treatment is very simple, as you can see, with just one width of floral fabric pushed casually to the side, and draping in folds on the floor. Even if your house doesn't have recessed casement windows like these, you can create an authentically French look with conventional double-hung windows—as you'll see on the pages that follow.

Potted geraniums on the window ledges, and baskets placed informally about are small, but charming French accents, in this casual country room.

Another essential in a country French home was a *garde-manger*—or food guard. You can see one hanging on the wall in the picture above. A relative of the cupboard, a *garde-manger* was usually placed near the dining table, and was used primarily to protect food staples from marauding insects and rodents. Today, *garde-mangers* make handsome wall decorations.

THE COUNTRY FRENCH LOOK







You don't have to use expensive or hard-to-find antiques to capture the country flavor of France. Here we've retained the aura of authenticity by using adaptations of the real thing. (Bear in mind that an adaptation isn't necessarily a Johnny-come-lately. Faithful reproductions of old French furnishings have been made for nearly 100 years, so you can enjoy the inner satisfaction of owning something old, if you choose.)

Although it's doubtful that many people today live—or would like to live—in a one-room house, the concept of putting one room to many uses is still valid. This room, for example, could be used for overnight guests, as well as family living and dining.

In the warmer regions of France, the *lit clos* was often canopied with fabric instead of being closed in by walls. Here we've made the daybed the focal point of the room by enclosing it with a cascade of perky plaid fabric, lined with the same green and white dotted fabric that we've used as a wall covering.

Always in evidence in country French homes are flowers—fresh ones placed casually in containers of all kinds, and fake ones on the beautiful floral fabrics that France is famous for. If there's really one secret to creating the feeling of countryside France, it's using lots of flowers in simple, informal arrangements. Geraniums, tulips, daisies, and anemones are particularly pretty in Country French settings, and so are wild flowers that grow by the wayside. Fancy vases are unnecessary; Country French flowers always look their best in simple, unpretentious containers.

Next to the daybed is a tall, narrow chest called a *semainier*. It's so named because the French word for "week" is *semaine*, and the chest has seven drawers (one for each day of the week.)

The buffet placed against the window wall is a bit more formal than the one you saw in the authentic setting. On top of it is a tole (painted tin) *verrier*—a vessel used by the French to clean their wine glasses between courses. During the 18th and early 19th centuries, many items were made of tole—candlesticks, vases, lamps, trays, etc. Pewter was also a common sight in old French homes because only the wealthy could afford silver.

Since space was so precious in a one-room house, furniture was often built to serve more than one purpose. An example is the console in the picture at far left. The top can be lifted to form a backboard, or the table can be opened for full dining use. Sometimes a table would have a trough built underneath it for making and storing bread. On top of this console is an old foot tub filled with geraniums.

The sitting area at left shows how you capture the feeling of French formality without being stuffy and staid. The simple elements here include the pre-pegged hardwood floor (a sure sign of status in old France because hardwood was precious and rare), the plain white brick fireplace, and white-painted ceiling and beams. Embellishments include pillows propped on the love seat, a few appropriate prints on the wall, and two tole trays that take the place of a mantel.

We upholstered the seats of the ladder-back chairs with a blue striped fabric, and tied matching cushions to the backs. Although four different fabric patterns were used in this room—florals, dots, plaids, and stripes—their color compatibility makes the total effect harmonious and refreshingly French.



THE COUNTRY FRENCH LOOK





If you have a contemporary home, that doesn't rule out the Country French style. In fact, you can get a brilliant effect by harmonizing the angularity of modern with the flowing lines of Country French.

This is the same room you saw before, but here we've covered the floor with a sleek and shiny vinyl that's designed to look like slate. We also modernized the fireplace with high-gloss brown enamel and aluminum molding, and updated all the architectural elements in the room to keep in step with today.

In the foreground (above) is a chrome-legged game table that can be used for dining too. (The "contemporary" penchant for putting a table to more than one use is really a French invention.)

At left is an *étagère*—another French invention. It's been used by the French for many years to show off their belongings. This one, made of chrome and glass, displays fine reproductions of French *Creil (Creil* originally was the name of a factory that produced pottery on which fine designs were printed. Now, *Creil* refers to all French printed pottery, usually black and white.) If you like the French flair for mixing different patterns and designs in the same room, look to your right and see how it's done in a contemporary manner. The combinations include a crisp country plaid for the tieback curtains, houndstooth and checks for the chairs, and a toile for the daybed and screens. Instead of using a closed-in or canopied *lit clos,* we've flanked the daybed with screens covered with paper to match the daybed fabric.

The mammoth piece of furniture in the picture at right is called an *armoire.* It was a prominent status symbol for country folk, and was originally used to hold household valuables. Today the *armoire* is making an appearance—a large one at that—as a handsome piece of living room furniture. The one shown here is antique, but there are many new versions available.







THE COUNTRY FRENCH LOOK







right for any table

A tasteful medley of colors and textures, and an absence of clutter—that's the Country French Look at mealtime. In translating this look to our tables, we set out to achieve a feeling of leisure and comfort, so that good food and good conversation can be enjoyed to their fullest.

A feast-for-the-eyes table, right, combines fluted-edge pewter plates with earthenware molds and a grand-scale copper bucket laden with fruit. The handsome polished tabletop, left bare to spotlight earth and wood tones, reflects the sparkle of all-purpose wine glasses in Belmont pattern.

An elegant dinner table, top, features Blue Tree fine china, ornate Francis I pattern sterling, graceful Lalique-type candlesticks and a casual pouf of daisies in a tole bucket.

Colorful country buffet, above left, some times called *goûter,* plays up the colors of the countryside with mint green gingham place mats, brilliant blue goblets, and chunky stone-handled flatware.

Contemporary tête-à-tête setting, above right, effectively combines slick and earthy textures. The wood chrome-edged table is set with textured Primary pattern pottery, mellow pewter molds and a husky coffee urn. Fjord pattern flatware adds a streamlined touch. ■

Buying information, page 154.





Photographs: Hopkins

PUNCHY PATCHWORK: EASY, COLORFUL, FUN TO SEW

When you make things of patchwork, you're doing a special kind of sewing. You're involved in the exciting, creative process of piecing bits of fabric into a beautiful whole. It's like being an artist in fabric, except drawing ability isn't essential.

Patchwork began as an ingenious solution to the critical fabric shortage during the early days of the American Republic. The craft blossomed into an authentic art form in the 19th century, then faded away as factory sewing overshadowed handcrafted efforts. The revival of the thrifty art is just one example of today's ever-growing crafts renaissance.

To get you started in this fascinating craft, we've selected a tempting variety of projects. The designs range from very simple to more complex, but the actual sewing is easy. If you haven't the time or patience to cut out the fabric, try one of our precut fabric kits.

Quilts, the classic form of patchwork, are as enjoyable to sew as to use. This one, as well as the other designs on these two pages, was created exclusively for *Better Homes and Gardens* readers by Ciba Vaughan. The quilt has a fresh, count style charm that's just classic enough suit many styles of furnishings.

We're offering the quilt top as a in four sizes, from twin to king. The ea does-it kit contains precut fabric pie and full sewing instructions. It's a available in an alternate color sche (see facing page). We finished off the q shown with a layer of batting, fab border and backing, and yarn tufts t comforter-style. The pillow shams co in kits, too, in both color schemes. E kit includes precut fabric for one 21x inch sham top, along with instructions sewing.

If you're interested in patchwork pillo try our mini kit (above right). It conta precut fabric and directions for a 14-in square pillow top or a 21-inch-square (available in both color schemes). pieces form the same attractive patt as the quilt, but in a scaled-down s The designs make unusual decorative cents and welcome holiday gifts.



One of the beauties of patchwork is its versatility. You can adapt it to all sorts of household and personal projects. If you're really ambitious, you can "patch up" floor-length draperies; if not, try a quick item like a pillow. Here, we show a traditional star pattern made into cafe curtains, chair cushion, and pillow. The pattern is a medley of triangles, squares, and border strips that you can sew in your favorite colors. For how-to sewing information, see page 150.



All our kits are available in this alternate scheme—featuring a yellow and white polka dot print, solid red fabric, and a lively black print. Here, a 14-inch pillow is backed by a quilt.

To order kits, see page 136.



Wondering what to do with all that extra fabric from your summer sewing? Place mats sewn from random pieces are a great way to recycle fabric leftovers. The mats make excellent gifts because they complement any color scheme. Ours measure about 12x18 inches. We sewed the pieces in ¼-inch seams, then lined the mats. When you sew patchwork like this, select fabric of the same type and weight, and cut pieces evenly. If you prefer a crazy-quilt look, overlap pieces of any shape on a fabric background, fold over the edges, and bind them with embroidery stitches.

Buying information, page 154.

RECIPES FROM OUR FIRST FRONTIERS

By Doris Eby and Joan McCloskey

Colonial America

Just as surely as there are French and Italian and Chinese cuisines, there is an American "food style." Granted, it's a melting pot, like the country itself. But a distinctive pattern has evolved, shaped by the fruits of the New World and by the make-do enterprise of the American family.

Better Homes and Gardens traced these changing food patterns of the last 300 years from the first adventurers who settled New England, to the pioneers who made their way westward. All along the often treacherous route, Americans brought their food traditions with them. They adapted cooking techniques to the food of the new land, and learned cooking secrets from the Indians, Spanish, French, and Africans who came before or alongside them. Intuition and the innate instinct for survival taught our forebears to draw the best from the land. In our chronological sampling, you'll see how food patterns evolved as America grew from east coast to west.

Our narrow colonial table probably never looked exactly like this in early New England. America's first fathers were hard put just to gather enough food for one day, particularly during the cruel winter. By spring, they relied on herbs, milkweed, marsh marigolds, and the common nettle to outlast the six-week period of want called the Starving Times. By this time of year, the root-cellar vegetables were wilted and mildewed, or already eaten!

Colonists depended on wood, usually maple, to fashion most kitchen implements. Craftsmen carved trenchers and mugs for eating and drinking. Often the mother and father ate from one trencher and the children from a smaller one. They all stood while they ate—except for the father who may have used the household's only chair.

Families who lived near the shore may have dined on fresh **Steamed Clams** served from a wooden bucket. If a family was lucky enough to have a cow, the clams probably were dipped in melted home-churned butter.

Colonists were forced to learn the art of preserving fish. Fresh fish were impregnated with salt so they could last the winter or be taken on long journeys in wooden barrels. Fish even figured at breakfast especially in the form of **Cod Cakes**, breaded patties of cooked salt cod, potatoes, egg, and butter. We improved our 20th-century version with the addition of lemon wedges.

The English tradition of toasting each other's health with a tankard of **Wassail** has a fascinating history. Originally, the drink was served with toast floating on top—thus the expression, "drinking a toast to one's health." Today, the piece of toast is replaced by a lemon or orange slice.

The New England housewife never wondered what her weekly menu would be. In every home on every Sunday, the family savored a **New England Boiled Dinner**—root vegetables cooked with corned beef and perhaps some salt pork in a huge black pot that hung over the open fire. When available, cabbage wedges may have been added.

Mondays were laundry days, and they took all the time and endurance colonial women could muster. If the family had held back on the Sunday repast, they were served **Red Flannel Hash**. This was a chopped mixture of all the ingredients from the boiled dinner, plus cooked beets.

The turkeys available to these colonists weren't the plump-breasted, juicy birds we know today, but the homemaker may have stuffed her **Roast Turkey** with **Corn Bread Stuffing**. Our version uses crumbled corn bread, giblets, sausage, and herbs.

Recipes begin on page 107.



Photographs: de Gennaro Food Stylist: Mable Hoffman







Colonial America

From the sturdy cook pot, the heart of every New England home, came a variety of dishes beginning with cornmeal. **Johnnycake** is simply cornmeal mush that's formed into squares and baked. Pats of butter spread in between the split cakes melt into the steamy hot bread. Our first homemakers may have used a long-handled wooden peel (standing in the hearth in the picture on the previous page) to take the bread in and out of the oven that was built into the fireplace wall.

On chilly mornings, mothers may have served wooden bowls of **Hasty Pudding** with maple syrup or molasses stirred in to add sweetness. The thick cornmeal pudding was a welcome stick-to-the-ribs porridge for both husbands and children.

For special occasions, the adults sipped a sweetened cream drink called **Syllabub** that is spiked with wine and brandy. Originally this robust mixture was allowed to stand for at least eight hours while the portion called the syllabub rose to the top, leaving a clear liquid on the bottom. A lemon squeezer similar to the one at the right of our picture was the forerunner of today's juicer.

A triangle trade supported many of the New England merchants. The "molasses to rum to slaves" route made rum widely available for general drinking purposes and also for desserts such as **Rum Cream Pie.** Rum-flavored whipped cream is mounded into a graham cracker crust and lavished with chocolate curls. The New England homemaker whipped her eggs and cream for the pie with a hickory rod, since the first egg beater did not arrive until 1870 when Yankee peddlers sold their household wares from town to town.

Boston Baked Beans and **Brown Bread** are hardy teammates that originated in these early days of American cookery. Our first homemakers probably steamed the bread as the beans, seasoned with molasses and a chunk of salt pork, baked slowly at the side of the fireplace. Her **Brown Bread** started with that trusty staple ingredient, cornmeal, but she added whole wheat and rye flours whenever available. Molasses added flavor and buttermilk made the loaves extra moist. The frugal colonial woman's recipe may have called for sour milk instead of buttermilk since no ingredient, not even milk "gone bad" as it was called, was ever wasted.

Recipes begin on page 107.

Log Cabin Cooking

Few convenience items could be carried along on the westward movement, so life in the first frontier homes was rather primitive. As more and more people moved into the Ohio River Valley, many small settlements were founded. Later, towns with permanent log-cabin-type buildings were constructed. The kitchen remained the largest room in the cabin but now more conveniences were added, such as cupboards and shelves. Open shelves held dishes made of wood, earthenware, or pewter. Below the shelves were closed cabinets providing storage and work space for the homemaker. But the long, tavern-like table was still the focal point of the room.

Cooking in the open hearth went on much as it did in colonial America but a roasting kitchen was added. This was a metal box on legs with one open side facing the fire. A crank on the outside turned the spit, and a door on the back side could be raised to baste the meat and check its doneness. Since this spit was small, larger ones soon were added to the fireplace area.

The great outdoors became the pioneer woman's herb garden. She dried fragrant herbs including basil, sage, parsley, thyme, and marjoram to enhance meats, such as **Seasoned Sausage Patties**. She preserved apples for a variety of uses, such as **Spiced Apple Butter** made with cider. Apples were sliced and dried on large trays or strung on linen thread and hung from rafters in the kitchen.

Village potters turned out durable jugs, bowls, and the familiar pickling crocks like the one shown holding **Crisp Pickle Slices**. These are cucumbers, onions, and green peppers simmered with mustard and celery seeds, turmeric, cider vinegar.

Most of the dishes prepared in the early frontier days had a hearty, satisfying quality. Such is the case with our **Brunswick Stew**, **Chicken-corn Soup**, and **Schnitz und Knepp**. When fresh vegetables such as okra, tomatoes, corn, and lima beans were available, they were tossed into the ever-faithful cook pot with a stewing hen to make the **Brunswick Stew**. Saffron, a favorite seasoning of the Pennsylvania Dutch women, flavors **Chicken-corn Soup** that's brimming with **Homemade Noodles**. What beans and brown bread are to Bostonians, **Schnitz und Knepp** is to the Pennsylvania Dutch. Dried apples bubble in a chicken broth with smoked ham, then dumplings are dropped onto the hot broth to complete the stick-to-the-ribs stew.

The Shaker settlements that dotted this new territory became famous not only for unusual religious practices, but also for their cooking. Since the Shakers revered their elders, they catered to the disabilities of the aged with special dishes. A good example is **Strawberry Flummery**, a stirred custard dessert that even those with no teeth could and still can enjoy!

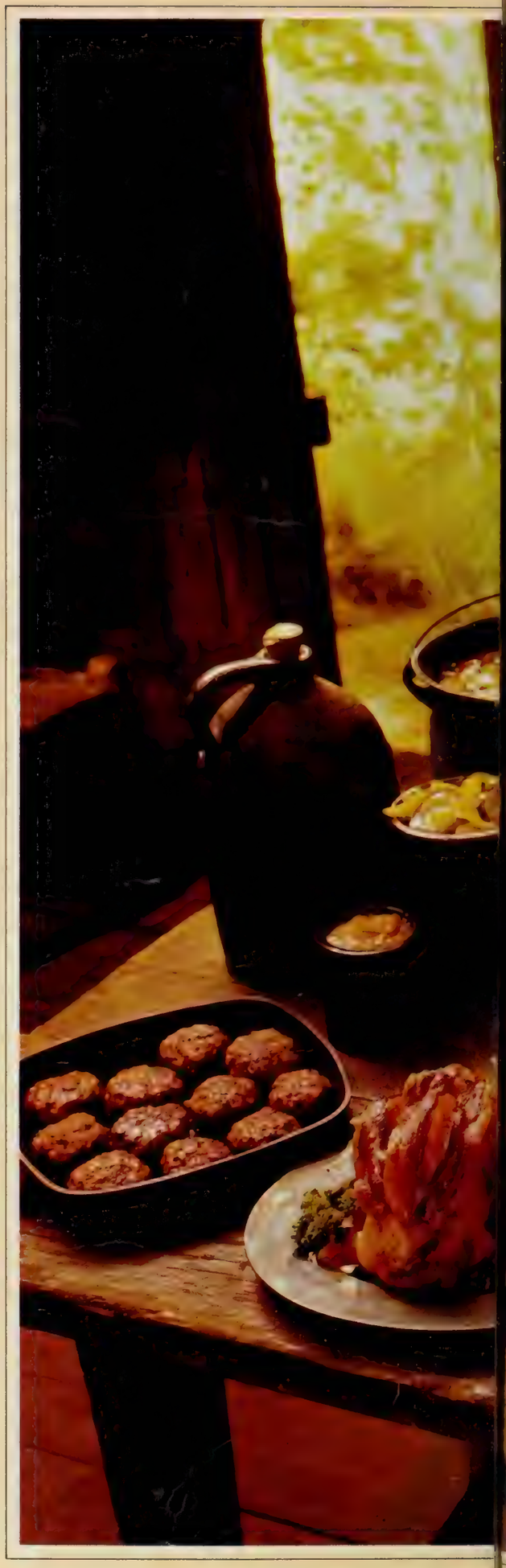
When you taste **Shoofly Pie** and **Apple Pandowdy**, you'll decide the fame of these Pennsylvania Dutch classics is richly deserved. The **Shoofly Pie** gets its unusual cake-like texture from alternating layers of a butter-crumb mixture and a molasses-baking soda mixture in a pastry shell. Add a generous scoop of vanilla ice cream, and you beat the Dutch.

Pioneer families were particularly fond of fruit pies. Often they were baked in rectangular pans and had very tough crusts. If the pie had no top crust, it was called a "trap" pie. If there was a top crust, the pie was known as a "coffin" pie. **Apple Pandowdy** takes its name from the last step in the recipe. After the pie is nearly baked, a knife is run through the pastry and pushed into the sweet apple juices, thus "dowdying" the pie.

In the 1800s, a frontier woodsman and his family sometimes became homesick for old-fashioned English recipes. That accounts for the birth of **Tipsy Squire Cake**, often called Tipsy Parson. This was a clever adaptation of the English Trifle, a sherry-soaked cake topped with some preserves and whipped cream. Our version is soaked with a sherry custard and topped with mounds of sweetened whipped cream and slivered almonds.

After days in the woods hunting game to fill the larder, pioneer men built up ravenous appetites. If they were lucky enough to bag a pheasant or two, they could celebrate with **Stuffed Pheasant with Cranberry Sauce**. Bacon slices baste the birds while they bake, and also flavor the bread and sage stuffing inside. Cranberry sauce, red wine (originally home brewed from local fruits), and mustard were simmered together to serve with the pheasant.

Recipes begin on page 107.









Across the Plains

Traveling across the Middle West in covered wagons called prairie schooners made for primitive cooking conditions. Food on the wagons had to be lightweight and nourishing, and it had to keep well. Families traveled 15 to 20 miles per day, often eating pies and biscuit-topped stew three times a day. At night, families slept with their sourdough starters to keep the chilly night air from killing the yeast. If a starter died, there would be no biscuits the next day to sop up the stew or the baked beans.

Pioneers had to break the thick prairie sod to grow vegetable gardens and plant their corn and wheat. Some of the rewards are displayed on this amply laden buckboard. **Prune Kolacky**, a spiced sweet yeast dough filled with prunes, was a tasty accompaniment to coffee. For special occasions, the wagoners sweetened their coffee with pale brown sugar rather than with the everyday molasses.

The advent of baking powder in 1856 made **Baking Powder Biscuits** popular. They were used to soak up the seasoned gravy of stews or accompany **Lentil Soup**. Homemakers still depended on their favorite cellar vegetables, onions and carrots, to enrich the lentil soup, but now they added garden-fresh tomatoes, bacon, and homemade wine vinegar.

We've taken photographic liberty to display some of the pioneer preserves since fruit jars were not available till the 1900s. **Green Tomato Marmalade** was proudly displayed on many pantry shelves. The tomatoes are sliced and simmered with sugar, salt, and lemons to make this delicious accompaniment to either meat or biscuits.

Homemade catsup bedecked **Chopped Beef Pasties**. Originally these crescent-shaped meat pies were eaten by miners in England, then in upper Michigan. The pies were easy to carry into the mines, and contained all the miners needed for their hearty lunches: chopped beef, potatoes, turnips, and onion.

Mock Apple Pie originated in the westward-bound wagon caravans. After months of travel the supply of dried apples would run out, and inventive homemakers would substitute crackers for the apples. By cleverly using the familiar apple pie seasonings - sugar, cinnamon, and lemon—these creative cooks may even have fooled a hungry husband or child!

The bubbling buckwheat starter, sitting behind the stack of **Buckwheat Griddle Cakes**, makes for fine breakfast fare even today. You keep the starter going by adding more water, buckwheat and all-purpose flours as you use it. A dollop of butter and a splash of maple syrup turns these pioneer pancakes into a hearty 20th-century breakfast.

As prairie wagons moved farther west, grazing became inadequate for cattle and hogs but was perfectly suited for sheep. Mountain men ate lamb steaks, plus an assortment of wild pig, fresh rattlesnake, roast beaver, and buffalo tongue, a real delicacy. We're sure you'll prefer our colorful **Herbed Lamb Kabobs** with chunks of marinated lamb, green and sweet peppers, and onions threaded on skewers. We've used green sticks for the kabobs as the mountain men did, but you'll want to thread the ingredients on metal skewers for broiling.

As the Germans immigrated to the Midwest, they brought the best of their cuisine with them. Lager beer gardens opened in Milwaukee and other large cities, and the aroma of sauerkraut filled many German homes. When the Germans combined their traditional foods with those of their new-found land, such dishes as this **Pork Applesauce Kraut Bake** evolved. Pork shoulder chops simmer with applesauce, onion, brown sugar, and caraway, plus the German favorite, sauerkraut.

Still popular on relish trays in the Midwest, **Corn Relish** was a staple on many mid-American supper tables. It was probably a particular favorite at threshing time when 20 to 30 men helped a neighbor bring in the crops, and were fed at midday by the farmers' wives. Fresh corn and green pepper are simmered in a brew of onion, turmeric, celery seed, and vinegar.

Recipes begin on page 107.

Western Missions



Between the prairies and Pacific Coast, cattle and sheep ranches were big business. Each ranch crew prized its "cooky," an aging cowboy who was paid more than the cowhands. A smoothly running camp depended on the "cooky," who cooked over the open fire in the same type of black Dutch oven that our New England homemaker used. He baked pies, roasted meat on spits, made stews, and breads. Three times a day he baked biscuits, often with cornmeal or his sourdough starter, for the men to sop up buffalo meat stew.

With the discovery of gold at Sutter's Mill near Sacramento, another westward movement began. People with widely diverse life-styles converged in California in search of wealth. The first buildings constructed were saloons and a general store. The basic diet of the gold-seekers consisted of bread, bacon, and beans. As men struck it rich, large Victorian mansions began dotting the larger towns, and chefs with foreign cooking backgrounds were imported. A French or Oriental cuisine became the status symbol of the wealthy, sophisticated millionaires.

Before the influx of the gold-hungry, the Spanish had already settled and planted vineyards and orchards. Spanish, Mexican, and Indian food customs merged to produce one cuisine. A typical dish is **Beef Flautas**, corn tortilla flutes that are rolled around seasoned beef strips. For dipping, there's a sauce made of mashed avocado, California's native fruit.

The heavy-gauge copper kettle in our picture is brimful of **Oxtail Stew**. Long, slow cooking and a blend of tomatoes, beef broth, bay leaf, and thyme bring out the best flavor of the oxtails. Chunks of sourdough bread probably sponged up the last delicious juices from miners' plates, as it still might today.

You can tell the derivation of **Spanish Steak** not only by its name but by the ingredients that give it full-bodied flavor: chili powder, cumin, kidney beans, and tomatoes. The dish starts with beef round steak, a cut of meat that needs long, slow cooking with moisture to help make it fork-tender.

One of the most popular suppers a cook could serve his cowhands or a pack of hungry miners was **Barbecued Short Ribs**. Ours are brushed with a sauce mixture of molasses, still a standby ingredient, plus catsup, dry mustard, chili powder, and garlic.

Though eggs were expensive in every mining town, a Mexican farmer may have saved his eggs to make **Chilies Rellenos**. Green chilies are filled with cheese, then set on a mound of egg batter that has been cooked in hot fat till set. Another mound of batter is then spooned over the pepper. When the underside has browned, the relleno is very carefully flipped over to finish cooking.

Originating in Mexico, **Chili con Carne** was first made with cubed beef and either chili powder or fresh chilies. Beans were an optional ingredient. Our version begins with ever-popular ground beef that is seasoned with onion, green pepper, tomatoes, kidney beans, and chili powder.

Next to eggs, the most expensive ingredient to be had in California mining towns was oysters. One gold-rich miner who had just made his killing is said to have ordered these two costly items together, and thus **Hangtown Fry** was born. We've gone him one better and topped our version with crisp bacon strips.

Recipes begin on page 107.





Photographs: Beege, Burda Moden

1



2



3



4



5

Sewing special

BODY MEASUREMENT CHART

Size	2	4	6	8	10
Chest	21	23	25½	27	28½
Waist	20	21	22	23½	24½
Hip	23	24	26	28	30
Back waist length	8½	9½	10½	12	12¾
Height	36	40	45	49½	54¼

In case you missed the four new children's patterns in our October issue, here's another chance to order them. The patterns are made by Burda Patterns of Germany, and are available only from Better Homes and Gardens.

1. One-piece snowsuit for both boys and girls is great for skiing or just playing in the backyard. *Pattern 01269*

2. Simply tailored winter coat has attractive A-line styling and a notched collar. *Pattern 01263*

3. Pleated dress with a dropped waist and belt will be a holiday favorite for any young girl. *Pattern 01260*

4, 5. Tyrolean suit features a suspendered skirt and jacket. *Pattern 01266*

For back views, see page 121.

Before ordering, measure your child carefully and compare the results with our chart.

Send order to: Better Homes and Gardens
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Pattern 01260 Pleated dress
☐ Size 2 ☐ Size 4 ☐ Size 6 Each $1.50

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☐ Size 2 ☐ Size 4 ☐ Size 6 Each $1.50

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Postage and handling: for one to three patterns, add 25 cents, for four or more patterns, add 50 cents.

Name _____

Address _____

City _____ **State** _____ **Zip** _____

Sunburst Yam Bake

2-1-lb. 1-oz. cans Royal Prince Yams (sweet potatoes), drained
1-13-¼-oz. can pineapple tidbits, drained

* * *

¼ cup Kraft Pure Orange Marmalade
cup Kraft Miniature Marshmallows or 10 Jet-Puffed Marshmallows

Arrange yams in a circle in 9-inch pie plate. Place pineapple in center. Dot yams and pineapple with marmalade. Bake at 350°, 30 minutes. Top with marshmallows. Broil until lightly browned.

6 servings

Make it the good Kraft way.
Your family'll love it.



KRAFT

Division of Kraftco Corporation



Kraft Marshmallows toast up into a yam bake.

They're jet-puffed to stay soft and toast nicely.

How to make your next mix cake even better.



Regular Cakes Dream Cakes

Make it a Dream Cake.

Your last mix cake was good. But your next cake can be better. To make a Dream Cake, just add an envelope of Dream Whip℠ and two additional eggs to your yellow, white or chocolate cake mix. Your cake will be higher. And deliciously moist, light and flavorful.

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GF GENERAL FOODS KITCHENS



Dream Whip is a registered trademark of General Foods Corp.

Batter bread: who kneads it?

There's no need to forgo the fragrant goodness of homemade bread just because you can't spare the time for kneading. It's not needed with batter breads. They're not only easy, they're good—and here are loaf bread and casserole bread recipes to prove our point.



PIZZA BATTER BREAD

Grill cheese between bread slices for a pizza-style sandwich—

3 cups all-purpose flour
1 package active dry yeast
½ teaspoon dried oregano, crushed
¼ teaspoon garlic powder
1¼ cups water
2 tablespoons butter or margarine
1 tablespoon sugar
1 teaspoon salt
¼ cup finely chopped pepperoni

In mixer bowl, combine 1½ cups of the flour, the yeast, oregano, and garlic powder. In saucepan, heat water, butter or margarine, sugar, and salt just till warm (115° to 120°), stirring to melt butter. Add to dry mixture in mixer bowl. Beat at low speed of electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. By hand, stir in pepperoni and enough remaining flour to make a moderately soft dough. Cover; let rise in warm place till double, 45 to 60 minutes. Stir dough down. Spread evenly in greased 9x5x3-inch loaf pan. Let rise till double, about 30 minutes. Bake in 375° oven for 35 to 40 minutes. Remove from pan; cool on rack. Makes 1 loaf.

Photographs: Dieter



Buying information, page 154

APPLE BRAN CASSEROLE BREAD

Spread warm wedges with fluffy honey butter—

3 cups all-purpose flour
1 cup whole bran cereal
1 package active dry yeast

• • •

1 cup water
1 8½-ounce can (1 cup) applesauce
¼ cup shortening
2 tablespoons brown sugar
1 teaspoon salt

In large mixer bowl, combine 1½ cups of flour, the bran, and the yeast. In saucepan, heat water, applesauce, shortening, brown sugar, and salt just till warm (115° to 120°), stirring to melt shortening. Add to dry mixture in mixer bowl. Beat at low speed of electric mixer ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. By hand, stir in remaining flour to make a soft dough. Beat well. Cover and let rise in warm place till double, about 1 hour. Stir dough down. Turn into greased 2-quart casserole. Let rise in warm place till double, about 40 minutes. Brush with a little melted butter or margarine. Bake in 350° oven for 55 to 60 minutes. Cover with foil the last 15 minutes of baking. Remove from casserole; cool on rack. Makes 1 loaf.


The first dishwasher detergent for dry-hards. Electrasol.
Dry-hards are tough-to-clean foods–like macaroni and cheese, eggs, oatmeal, sauces–that dry and cake and stick. And stick. On plates. On forks. Filming glasses. But Electrasol, with its special formula, gets rid of dry-hards. Lets your dishwasher give you cleaner, brighter, film-free dishes.
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Your husband shouldn't be eating his vegetables just because they're good for him.

He should be eating his vegetables because they taste good. And because they're interesting.

Trouble is, the same old vegetables aren't too interesting, day after day.

That's why Birds Eye invented Combination Vegetables.

Delicious vegetables in combination with other good things like mushrooms, seasoned sauces, toasted almonds, even other vegetables.

Like Beans with Toasted Almonds, for instance.

The tiny almond slices make the beans taste so good, they're almost like a whole new vegetable.

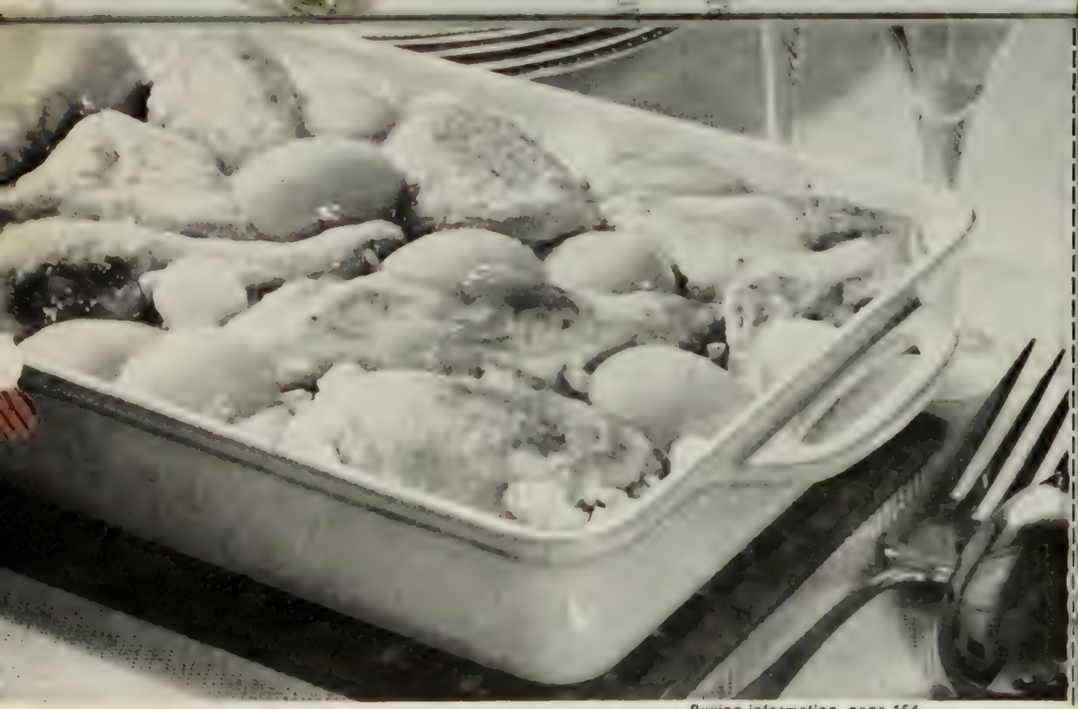
Sure, they're good for you. But that's not why your husband will like them.



GF
GENERAL FOODS KITCHENS

Birds Eye Combinations.
The first vegetables your husband might even notice.

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Buying information, page 154

FILE UNDER MEATS

MEATS COOKED IN WINE

Apricot Chicken au Vin

A hint of rosemary accents our winning wine recipe—

2½- to 3-pound broiler-fryer, cut up
3 tablespoons butter or margarine
1 cup chopped celery
1 6-ounce can water chestnuts, drained and sliced
½ teaspoon dried rosemary
2 cups cooked long-grain rice
½ cup dry white wine
1 16-ounce can apricot halves
4 teaspoons cornstarch
¼ cup dry white wine

Brown chicken in butter or margarine. Season with some salt and pepper; remove and set aside. In same skillet, add celery, water chestnuts, rosemary, and ¼ teaspoon salt; cook till celery is tender. Remove from heat. Add rice and the ½ cup wine. Turn into 11x7½x1½-inch baking dish; top with chicken. Cover; bake in 375° oven 1 hour. Drain apricots, reserving syrup. Combine syrup, cornstarch, and ¼ teaspoon salt; cook till thickened. Add remaining wine. Arrange apricots around chicken. Pour glaze over all. Bake, uncovered, 10 minutes longer. Makes 4 servings.

Mrs. Richard Philabaum, Phoenix, Ariz.



Photographs: Dieter

FILE UNDER VEGETABLES

SWEET POTATOES

Sweet Potato-cashew Bake

Layers of peaches, sweet potatoes, and a blend of cashews and ginger win in the vegetable category—

⅓ cup packed brown sugar
⅓ cup broken cashews
½ teaspoon salt
¼ teaspoon ground ginger
4 medium sweet potatoes, cooked and sliced (about 3 cups)
1 cup drained and diced canned peaches
2 tablespoons butter or margarine

In small mixing bowl, blend together the packed brown sugar, broken cashews, the salt, and the ground ginger. In 1½-quart casserole, arrange in alternate layers, half of the sliced sweet potatoes, half of the diced peaches, and half of the brown sugar mixture. Repeat layers. Dot with butter or margarine. Bake casserole, covered, in a 350° oven for about 30 minutes. Uncover and continue baking an additional 10 minutes. Garnish with additional peach slices, if desired. Makes 6 servings.

Anita L. Davy, Oakland, Calif.

Cut along dotted line



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Sweet Potato Puff

¼ cup sliced green onion with tops
2 tablespoons snipped parsley
¾ teaspoon salt
¼ teaspoon dried marjoram, crushed
Dash pepper
3 tablespoons butter or margarine
3 tablespoons all-purpose flour
¾ cup milk
1½ cups mashed sweet potatoes
3 egg yolks
3 stiff-beaten egg whites

In saucepan, cook onion, parsley, salt, marjoram, and pepper in butter or margarine till onion is tender but not brown. Blend in flour. Add milk all at once; cook and stir till thickened and bubbly. Stir in sweet potatoes. Beat egg yolks till thick and lemon-colored, about 5 minutes. Slowly blend in sweet potato mixture. Fold into egg whites. Gently pour into 1-quart soufflé dish. Bake in 325° oven for 60 to 65 minutes. Makes 5 or 6 servings.

Elizabeth Johnson, Minneapolis, Minn.



Raisin-filled Sweet Potatoes

1 18-ounce can sweet potatoes
2 tablespoons butter or margarine, softened
1 egg
½ teaspoon salt
Dash ground cinnamon
Dash ground ginger
2 tablespoons butter or margarine, melted
¼ cup sugar
2 teaspoons cornstarch
1 teaspoon grated orange peel
½ cup orange juice
½ cup raisins

Beat together sweet potatoes, the first 2 tablespoons butter or margarine, the egg, salt, cinnamon, and ginger. Spoon into six mounds on greased baking sheet. Hollow out centers with spoon. Brush with the melted butter. Bake in 350° oven for 15 to 20 minutes. Meanwhile, combine sugar, cornstarch, and peel. Stir in juice. Add raisins. Cook and stir till thickened and bubbly. To serve, spoon into sweet potato shells. Makes 6 servings.

Mrs. H. S. Atkinson, Cape Charles, Va.



Beef and Bean Ragout

2 pounds beef stew meat, cut in 1½-inch cubes
2 tablespoons cooking oil
1 16-ounce can tomatoes, cut up
1 cup chopped onion
1 cup dry red wine
⅔ cup water
1 teaspoon sugar
1 clove garlic, minced
1½ teaspoons salt
¼ teaspoon dried thyme, crushed
⅛ teaspoon pepper
1 bay leaf
3 cups pared and cubed potatoes
1 15-ounce can kidney beans, drained
1 16-ounce can green beans, drained
1 tablespoon cornstarch

In Dutch oven, brown beef in hot oil. Add next 10 ingredients. Bring to boil; reduce heat. Simmer, covered, for 1½ hours. Add potatoes; cook 30 minutes more. Remove bay leaf. Add beans. Combine cornstarch and 2 tablespoons water; add to stew. Cook and stir till bubbly. Makes 8 servings.

Mrs. Janet H. Hansen, Falls Church, Va.



Pork a la Manzana

Pierce 3- to 4-pound boned and rolled pork loin roast with fork. Combine 1¾ cups dry white wine, 1 small onion, sliced, and ½ teaspoon ground cinnamon. Pour over roast in plastic bag; tie. Marinate overnight in refrigerator; turn occasionally. Remove meat; pat dry. Reserve 1 cup marinade and onions. Season the meat with 1 clove garlic, minced, 1 teaspoon salt, and ¼ teaspoon pepper. Sprinkle oven roasting bag with 1 tablespoon flour. Place meat, onions, and reserved marinade in bag; punch holes in bag according to package directions. Roast in 325° oven 2½ to 3 hours. Pour meat juices into pan; boil till reduced to 1½ cups. Combine 3 tablespoons flour, ½ cup water, and ½ teaspoon kitchen bouquet; add to juices. Cook and stir till bubbly. Season with salt and pepper. Core and slice 2 cooking apples; cook in 2 tablespoons butter or margarine till soft. Garnish pork with apples. Pass gravy. Makes 8 to 10 servings.

Susan J. Ketchledge, DeWitt, N.Y.


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To make your holiday the perfect day you want it to be.
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LIBERATION CAN BE TOUGH ON A WOMAN.

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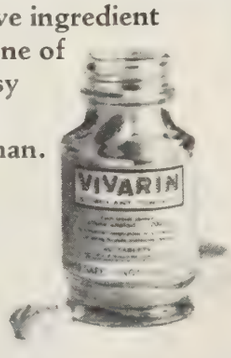
She not only has to be on her feet a lot more, she also has to be on her toes.

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For those times, there's Vivarin.

Vivarin is a gentle pick-me-up. The active ingredient that makes Vivarin effective is the caffeine of two cups of coffee squeezed into one easy to take tablet.

Vivarin. Help for the modern woman.



Golden Treasury of Cooking

The pioneer recipes from our first frontiers have a fascinating history, and so do our recipes here at Better Homes and Gardens. We've collected 607 great food ideas from our magazine and books into a *Golden Treasury of Cooking* that will bring you all the way up to date on old-fangled and newfangled food trends. And the best part is that you can make the same recipes your mother did without the same problems. We've retested and updated cooking methods and ingredients for you without losing an iota of the old-fashioned goodness that made these recipes long-time favorites.

The *Golden Treasury of Cooking* from Better Homes and Gardens is much more than just a cook book. It's a whole collection of interesting food facts along with some provocative bits of history culled from the five decades that span the stark '30s to the space-age '70s. Can you guess the main ingredient for the most popular recipe Better Homes and Gardens magazine ever published? Stumped? It's ground beef. You'll know why it's a perennial favorite when you try our *Hamburger Pie* recipe.

HAMBURGER PIE

1 pound ground beef
½ cup chopped onion
½ teaspoon salt
Dash pepper
1 16-ounce can cut green beans, drained
1 10¾-ounce can condensed tomato soup

• • •

5 medium potatoes, cooked*
½ cup warm milk
1 beaten egg
½ cup shredded process American cheese

In large skillet cook the meat and onion till meat is lightly browned and onion is tender. Add salt and pepper. Stir in drained beans and soup; pour into greased 1½-quart casserole. Mash potatoes while hot; add milk and egg. Season to taste with salt and pepper. Spoon in mounds over casserole. Sprinkle potatoes with cheese. Bake at 350° for 25 to 30 minutes. Serves 4 to 6.

*Or, prepare 4 servings packaged instant mashed potatoes according to package directions, except *reserve the milk*. Add egg and season to taste with salt and pepper. Add enough reserved milk so potatoes are stiff enough to hold shape.

Way back in the '30s, homemakers were savvy about convenient shortcuts. When they made our classic *Apricot-Wafer Dessert*, they saved time and effort by opening a box of v… wafers.

APRICOT-WAFER DESSERT

½ cup butter or margarine
2 slightly beaten eggs
1½ cups dried apricots
½ cup granulated sugar
1½ cups crushed vanilla waf…
3 tablespoons butter or margarine, melted
1½ cups sifted powdered suc…
1 cup whipping cream

Have ½ cup butter and eg… room temperature. Place ap… in medium saucepan. Add … to 1 inch above apricots. Bri… boiling. Simmer till very te… about 20 minutes. Drain. Sie… make a puree. Stir in granu… sugar. Set aside. Combine w… and melted butter. Reserv… cup crumb mixture; press rem… ing mixture in bottom of 10x… inch baking dish. Cream th… cup butter and powdered s… till fluffy. Beat in eggs. Sp… atop wafer crust. Spread ap… puree over butter mixture.

Whip cream. Spread over … cot layer. Sprinkle with rese… crumbs. Chill 12 hours or … night. Remove from refriger… about 15 minutes before serv… Serves 8.

From the '30s to the '70s t… has been a staggering nun… of technological changes. H… pily, some of these advances h… helped out in the kitchen. … cause of prepackaged dinn… lunches, and breakfasts, an… revolutionary new applianc… the microwave oven—the ho… maker today finds it easier … divide her time between ho… and office. Our *Easy Chic… Bake* is a recipe straight from … streamlined '70s.

EASY CHICKEN BAKE

1 2⅜-ounce package seasoned coating mix for chicken
2 tablespoons grated parmesan cheese
2 tablespoons snipped parsley

• • •

4 small whole chicken breasts
¼ cup milk

Place coating mix, cheese, a… parsley in plastic bag. Dip chi… en in milk; shake in bag to co… Place in 12x7½x2-inch gl… baking dish. Cover with cl… plastic wrap. Cook in microwa… oven 23 minutes. Uncover. Co… till done, about 5 minutes mo… Serves 4.

The *Golden Treasury of Coo… ing* is available for $16. … wherever books are sold. It mak… a perfect gift for the cook w… wants more than just a cook boo… or treat yourself to a culinary a… venture. Whether gift or pu… chase, be sure this volume is … your kitchen library.

page 88

pes
our
frontiers

D CLAMS

the shell need special
Cover the clams with
r (⅓ cup salt to 1 gallon
ter). Let stand 15 min-
se. Repeat twice, then

ughly wash soft-shelled
shells. Place clams on
a kettle with 1 cup hot
Cover pan tightly and
st till shells open, about
s. Discard any that do
n. Serve in shells with
utter or margarine, or
d remove the meat from
When serving clams in
low about 15 to 20 clams
on as a main dish.

KES

th lemon wedges or
uce—

salt cod
ced, pared,
xed potatoes
egg
oons butter or
rine
oon pepper
nely crushed saltine
rs (about 21 crackers)

l in water to cover for 12
ice fish (about 1⅔ cups).
tatoes and cod, covered,
g unsalted water till po-
e tender, about 15 min-
ain. Beat with electric
dd egg, butter or mar-
and pepper; beat well.
bout ¼ cup for each.
xture into 2½- to 3-inch
out ½ inch thick. Coat
cker crumbs. Fry in deep
375°) for 2 minutes; turn
2 minutes more or till
Makes about 12 cakes.

GLAND BOILED DINNER

t adds flavor to the
nd vegetables—

ound corned beef
t
salt pork (optional)
n potatoes, pared
uartered
nions
n rutabagas, pared
bed
n parsnips, pared and
chunks
n carrots, pared and
red
abbage, cored and
o wedges

rned beef in large kettle
h oven; add water to
dd salt pork, if desired.
boiling; reduce heat and
2½ hours or till tender.
meat and salt pork. Add
d

Tupperware products can help make baking a cinch from start to finish.

There are Jifi-Sifts® to sift your flour. Fresh-N-Fancy® servers to serve and store the goodies. Mixing bowls. And, of course, Tupperware canisters. All with the famous Tupperware seal to keep everything fresher longer. Plus lightweight rolling pins and cookie cutters in 8 delightful designs. And lots more.

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Wish someone you love a Merry Moppets

Gorham's "Happy Merry Christmas Tree" plate will be cherished this Christmas and for an eternity of Christmas Seasons to come. All the warmth and irresistible charm of these delightful Moppets have been captured by Gorham in this First of an Annual Collectors' Edition of Moppets Christmas Plates. Reproduced beautifully on Gorham Fine China, the plate is 8½ inches in diameter, banded in gold—and is available for only $10 at finest jewelry gift stores and china departments everywhere. Price subject to change without notice.

Gorham Division of Textron, Providence, R.I. Moppets ©1973 Fran Mar

6 cups coarsely crumbled corn bread
¼ cup snipped parsley
2 teaspoons dried thyme, crushed
½ teaspoon salt
¼ teaspoon pepper
⅓ cup dry sherry
10- to 12-pound turkey

In saucepan, cook giblets in enough water to cover for 1½ to 2 hours or till tender; drain, reserving 1 cup cooking liquid. Dice giblets. In large skillet, cook onion in butter or margarine till tender; remove to large bowl. Cook sausage; drain off excess fat. Transfer sausage to same large bowl. Add giblets, corn bread, parsley, thyme, salt, and pepper. Add sherry and reserved giblet liquid. Lightly salt neck and body cavities of turkey. Stuff turkey. Push drumsticks under band of skin at tail or tie legs to tail. Roast in 325° oven for 4 to 4½ hours or till done.

JOHNNYCAKE
Serve for breakfast with hot sausage patties—

1 cup yellow cornmeal
2 cups water
1 tablespoon butter or margarine
½ teaspoon salt

In saucepan, stir together cornmeal, water, butter or margarine, and salt. Cook and stir till mixture thickens. Cover surface wi waxed paper. Cool. Shape in four 3-inch squares. Place c greased baking sheet; make i



dentations with edge of spoon Bake in 400° oven for 25 min utes. Serve the squares with but ter. Makes 4 servings.

HASTY PUDDING
This dessert was originally served as porridge—

1 cup yellow cornmeal
1 cup cold water
3 cups water
½ teaspoon salt
Butter or margarine
Maple syrup, brown sugar, molasses, or cream

Combine the cornmeal and cold water. In heavy saucepan, bring the 3 cups water and salt to boiling. Carefully stir in the cornmeal mixture, making sure it does not

continued

Recipes from our first frontiers

all vegetables except cabbage. Cover and cook 15 minutes; add cabbage wedges. Cover and cook 15 to 20 minutes more or till cabbage is tender. Return meat to kettle; heat through. Remove meat and vegetables to platter. Season to taste with salt and pepper. Makes 6 to 8 servings.

WASSAIL
Use a claret or bordeaux—

1 cup sugar
4 inches stick cinnamon
3 lemon slices
¼ cup water
6 cups dry red wine
2 cups unsweetened pineapple juice
2 cups orange juice
1 cup dry sherry

In small saucepan, combine sugar, cinnamon, lemon slices, and water. Cook and stir for 3 to 5 minutes or till sugar dissolves. Strain to remove spices and fruit; keep warm. In large saucepan, heat, but do not boil remaining ingredients. Combine with spiced syrup. Ladle into warm mugs. Garnish with additional lemon slices, if desired, and serve immediately. Makes 12 cups.

RED FLANNEL HASH
Makes use of leftovers from the New England Boiled Dinner—

⅓ cup finely chopped onion
¼ cup shortening

• • •

3 cups finely chopped cooked potatoes
1 16-ounce can beets, drained and finely chopped
1½ cups finely chopped cooked corned beef
⅓ cup milk
½ teaspoon salt
1 or 2 drops bottled hot pepper sauce

In skillet, cook onion in hot shortening till tender but not brown. Lightly toss together potatoes, beets, corned beef, milk, salt, and hot pepper sauce. Spread hash evenly in skillet. Cook over medium heat till the bottom is brown. Makes 4 servings.

ROAST TURKEY WITH CORN BREAD STUFFING
Bake a corn bread mix to use for the crumbs—

Turkey giblets
1½ cups chopped onion
½ cup butter or margarine
1 pound bulk pork sausage



Very special little people to make someone smile . . . or si

Gorham introduces a delightful new group of Moppets with happy thoug friendship and love for any occasion. Some of these are music box Mopp to brighten someone's world with a nostalgic tune. Their life-like expres and childhood innocence are captured in hand-painted porcelain for a gif will be cherished forever. See them at finest jewelry gift and department sto

Thoughts expressed by above Moppets: **A.** "My love for you never wanes, it pours." $8. **B.** try to understand me, just love me." $14. **C.** "Make love not war." $14. **D.** "I love you **E.** "I'm thinking about you." Musical Moppets plays "Somewhere my Love." $15. **F.** part's not working?" (Get Well) $8. The Moppets family includes 17 other delightful me for other special occasions. All prices subject to change without notice.

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p. Cook over low heat, stir- occasionally, till mixture is thick, 10 to 15 minutes. ve with a pat of butter or mar- ne, and maple syrup, brown ar, molasses, or cream. Makes 7 servings.

LABUB

s is also delicious when frozen served like ice cream—

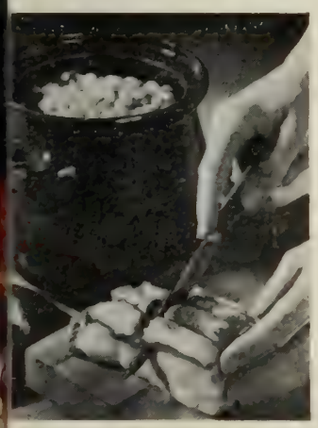
p dry white wine
cup sugar
cup brandy
blespoon lemon juice
ps whipping cream

nbine wine, sugar, brandy, lemon juice. Let stand till ar is dissolved. Add the cream whip till soft and fluffy. on into stemmed dessert sses. Garnish each serving h lemon peel twists, if desired. kes 4½ cups.

STON BAKED BEANS

rt the beans 8 hours ahead of ing time—

ps (1 pound) dry navy beans
arts water
edium onion, peeled and
luck with a few whole cloves
easpoon salt
cup dark molasses
cup packed dark brown sugar
aspoon dry mustard
aspoon salt
easpoon pepper
nces salt pork with rind
cored
blespoons dark brown sugar



se beans. In large heavy cepan, bring water to boiling. d beans and boil for 2 min- s. (Water should cover bean 2 inches.) Remove from heat. beans stand 1 hour. Add on and the ½ teaspoon salt; ng to boiling. Reduce heat and mer, covered, 1 hour, or till ns are tender. Drain beans, erving 2 cups cooking liquid; card onion. Blend molasses, ¼ cup brown sugar, dry mus- d, the 1 teaspoon salt, and pep- . Stir into reserved bean uid. Add beans and stir till nded. Pour into 2-quart bean or casserole. Push salt pork vn into beans. Cover and bake 300° oven for 5 hours, stirring asionally. Add more water, if necessary. Sprinkle the 2 tablespoons brown sugar over beans; bake the beans 1 hour more. Makes 10 to 12 servings.

RUM CREAM PIE

Rum adds mellow flavor—

1 envelope unflavored gelatin
¾ cup sugar
¾ cup water
5 egg yolks
⅓ cup dark rum
1 cup whipping cream
1 9-inch graham cracker crust
Semisweet chocolate, shaved

In saucepan, combine gelatin, sugar, and water; cook and stir over low heat till gelatin dissolves. Gradually stir hot mixture into egg yolks. Return to saucepan; cook till slightly thickened. Cool slightly; add rum. Chill till partially set; whip till light, 2 to 3 minutes. Whip cream to soft peaks; fold into gelatin mixture. Pour into prepared crust. Garnish with shaved chocolate. Chill till set, 4 hours or overnight.

BROWN BREAD

Save your 20-ounce fruit cans so you're prepared to make this moist, molasses-flavored bread—

2 cups buttermilk
¾ cup dark molasses
1 cup raisins
1 cup whole wheat flour
1 cup rye flour
1 cup yellow cornmeal
¾ teaspoon baking soda
½ teaspoon salt

In mixing bowl, blend buttermilk and molasses. Stir in raisins. Thoroughly stir together whole wheat flour, rye flour, cornmeal, soda, and salt; stir into buttermilk mixture till blended. Divide batter among three greased 20-ounce clean food cans. (Or, fill four 16-ounce cans.) Cover tightly with foil; place on rack set in large Dutch oven. Pour in boiling water to depth of 1 inch. Cover and simmer over low heat, steaming bread for 2½ to 3 hours or till done and adding more boiling water as needed. Remove bread from cans and cool on rack. Makes 3 or 4 loaves.



SEASONED SAUSAGE PATTIES

2 pounds pork shoulder
4 ounces salt pork

continued

Presto gifts. They do things for a woman.

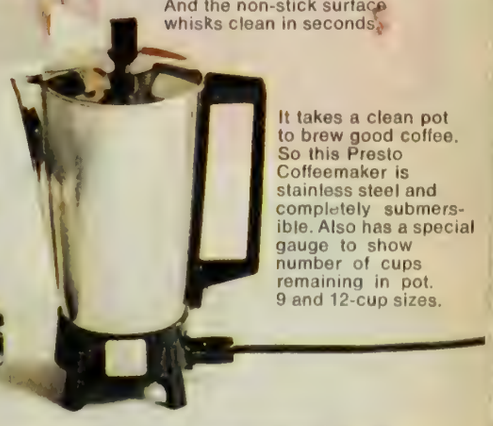


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over 300 great family recipes!

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National Presto Industries, Eau Claire, WI 54701

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All microwave ovens cook fast. But Litton gives you a lot more cooking convenience than just speed.

There's automatic defrost to thaw frozen foods so quickly you can prepare dinner right from the freezer.

And the Litton Micro-Browner™. It browns all foods so beautifully no one will ever know you saved time with microwave cooking.



And our generous cooking capacity that lets you cook meals for the largest dinner party. And an easy-clean interior that lets you clean up easily after each meal.

So before you ever think of speed, think of all the other reasons you should enjoy Litton microwave cooking.

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The Micromatic lets you cook what you like in whatever time you have:

Start your gourmet meal to a qu finish in the eye-level microwave ove

Bake crispy pie crusts, breads o souffles leisurely slow in the continuo cleaning electric oven. Or serve up si meaty accents with smokeless close- door broiling.

Prepare saucy fun foods on the versatile cooktop. There's plenty of ro to whip, flip, ladle and blend.

No matter what kind of cook you to be, you have a good reason for ow a Micromatic.

Weekends or even on busy weeknights, the Micromatic gives yo time to serve the good taste of a complete, home-cooked meal.

And while it's most convenient fo families, the Micromatic is also the m entertaining way to cook. Because it gives you the freedom to enjoy dinner with your guests.



Pre-cook your gourmet meal. Then rely on the Micromatic's automatic defrosting microwave oven to thaw frozen foods and reheat dinner in minutes. And to make dinner ever simpler, you can and serve by-the-



ountertop microwave oven for the busy woman family eats in shifts.

ur busy life is plenty of reason for Litton microwave g.

ith the new Minutemaster® "403" countertop wave oven you can save your energy for what you do, and still take care of your active family. ook one large meal for everyone. Then reheat ual servings in seconds — with all the n and freshness enjoyed the first time d. (Foods won't dry out during reheating.) , cook a la carte. The Minutemaster is so d flexible you can cook to everyone's

mply set the Micro-Timer™ digital control exact g time in s and ds. The master ne rest. from just 1 d to as long as 60 s. And shuts off automatically. l foods come out tasting just right. ake, or use the Litton Micro-Browner grill to brown, sear, grill and fry. (The Browner is available for use with all microwave products.)

inutemaster countertop microwave with automatic defrost are ideal your everyday cooking. he large capacity oven cooks as large as a 20-pound turkey ase.

ter meals, the Minutemaster easily with a wipe of a damp And there are no pots and pans n. You cook on paper, plastic lass containers.

portable oven to dinner.

ow you've got a good reason to tton microwave cooking anywhere. ton introduces the first truly portable wave oven. The Minutemaster "201." t 53-lbs. light — with built-in carrying s, so it travels easy.

se it anywhere there's an ordinary 110V. cal outlet. On the patio for smokeless uts. In the family room where quick s make entertaining more fun. Or at the e where fast microwave cooking can help ke more of a vacation.





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Who would have expected money and energy savings to be a good reason for Litton microwave cooking. But it is.

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*Based on independent reports of the Electric Energy Association and Litton product testing

LITTON
Microwave Cooking
400 Shelard Plaza So., Minneapolis, Minnesota 55426

Litton *means* microwave cooking.

continued

Recipes from our first frontiers

⅔ cup water
2 tablespoons finely snipped parsley
⅓ cup finely chopped onion
4 teaspoons rubbed sage
1 teaspoon salt
1 teaspoon dried sweet pepper flakes
1 teaspoon chili powder
½ teaspoon dried thyme, crushed
½ teaspoon dried marjoram, crushed
½ teaspoon dried ba… crushed
2 cloves garlic, mince…

Using coarse blac… grinder, grind pork … salt pork together. … maining ingredients … meat; mix very well. … Divide mixture in ha… paper, shape each ha… 6 inches long and 2 … ameter. Wrap in wax … foil; chill at least 2 … before cooking, slice … ½ inch thick. Place … sage rounds in a cold … er and cook slowly f… minutes, turning once … paper toweling. Make …

SPICED APPLE BUTTER
Cider adds extra appl…
5 pounds tart cooking a… pared, cored, and qu… (about 12 cups)
3 cups apple cider
2½ cups sugar
1½ teaspoons ground …
¼ teaspoon ground cl…

In large saucepan, co… ples and cider. Bring … over high heat. Reduce … er and simmer for 20 … utes. Puree apples thr… mill. Add sugar and s…



well. Pour into shallow … inch baking dish. Bake … oven for 2 hours or till … when spooned. Ladle … clean half-pint canning … ing ¼-inch headspace … lids and process in boil… bath 10 minutes (start … time after water return… ing). Makes 7 half-pints.

CRISP PICKLE SLICES
Spear garlic cloves with… picks so they're easy to r…
4 quarts sliced unpared medium cucumbers
6 medium white onions, sl… (6 cups)
2 green peppers, sliced (1⅔ cups)
3 cloves garlic
⅓ cup granulated pickling …
Cracked ice
5 cups sugar
3 cups cider vinegar
2 tablespoons mustard see…
1½ teaspoons celery seed
1½ teaspoons ground turm…

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mixing bowl or crock, cucumber, onion, green and whole garlic cloves. kling salt. Cover with ice; mix thoroughly. Let hours; drain well. Rerlic. Combine remaining nts; pour over cucumber Bring to boiling. Fill hot nning jars to within ½ tops; adjust lids. Process g water bath for 5 minrt timing when water re- boiling). Makes 8 pints.

ICK STEW

removal of fat, chill broth several hours, then fat from top—

d stewing chicken,
n tomatoes *or* 1
ice can tomatoes
nions, sliced
ce cans whole kernel
drained
esh okra, sliced *or*
unce package frozen
hawed and sliced
ce package frozen
eans
n potatoes, pared and
(3 cups)
ons salt
oon sugar
oon pepper

kettle or Dutch oven, chicken, covered, in 6 ter for 1½ to 2 hours or r. Remove chicken from nd cool. Remove meat ones and cube; discard kim fat from broth. Red chicken to broth; add es and seasonings. Cover mer, 30 minutes or till es are tender and flavors Makes about 5 quarts.

N-CORN SOUP

soup with a rich broth—

chicken broth
nd broiler-fryer, cut up
stalks, cut in 3-inch
on whole peppercorns
on salt

• •

nely chopped celery
nipped parsley
oper
Homemade Noodles
ce cans whole kernel
ead saffron

kettle or Dutch oven, chicken broth, chicken, talks, peppercorns, and ng to boiling; reduce heat mer, covered, 45 minutes icken is tender. Remove let cool. Remove chickfrom bones; cube and set iscard bones. Strain stock rn to kettle. Add the fineped celery, parsley, and d



New Oster Kitchen Center

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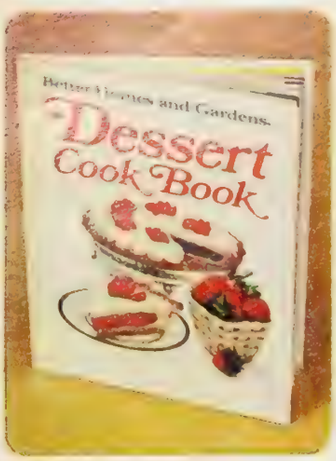
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New cook book

from Better Homes and Gardens.



Features nearly 200 creative desserts for all occasions. You'll find desserts for everyone in this colorful new Better Homes and Gardens Dessert Cook Book. Included are desserts made easy; all time favorites with exciting variations; spectacular eye catchers; calorie counters; and flaming desserts for today-type serving. Special sections on cakes, pies, puddings, cookies, fruits and pastries. Also included are special time-saving tips.

For you . . . for someone on your gift list, dessert ideas that make a difference from Better Homes and Gardens. Hard cover . . . just $1.95.



continued

Recipes from our first frontier

pepper. Bring to boiling. Add *Homemade Noodles,* undrained corn, and saffron. Cook over medium heat for 15 minutes or till noodles are tender. Add the cubed chicken and heat through. Makes 8 to 10 servings.

To make Homemade Noodles: Combine 1 beaten egg, 2 tablespoons milk, and ½ teaspoon salt. Add enough all-purpose flour to make a stiff dough (about 1 cup). Roll very thin on floured surface; let stand 20 minutes. Roll up loosely; slice ¼ inch wide. Unroll dough. Spread noodles out and let dry for 2 hours. (If desired, store in covered container till needed.)

SCHNITZ UND KNEPP

Broth must be bubbling hot before adding dumplings—

2 cups (8 ounces) dried apples
3-pound smoked ham butt
4 cups chicken broth
2 cups water
2 tablespoons dark brown sugar
1 recipe Dumplings

Cover apples with boiling water; let stand till cool. Drain. Trim excess fat from ham. Place ham in heavy 6-quart Dutch oven; pour in chicken broth and water. Bring to boiling over high heat; reduce heat and simmer, covered, for 1½ hours or till ham is tender. Remove ham. Skim fat from broth. Cut ham into ¼-inch-thick slices, then cube. Return meat to Dutch oven; add the apples and brown sugar. Bring to boiling, stirring to dissolve sugar. Reduce heat and simmer 15 to 20 minutes more.

Prepare *Dumplings:* Combine 1½ cups all-purpose flour, 2 teaspoons baking powder, and ¼ teaspoon salt. Cut in 2 tablespoons butter or margarine to resemble coarse meal. Add 1 cup milk and beat vigorously till smooth. Drop dough in 6 or 8 spoonfuls onto simmering broth.



Cover tightly and simmer 10 minutes more. To serve, remove dumplings with slotted spoon; pour the cubed ham and apple mixture around dumplings. Makes 6 to 8 servings.

STRAWBERRY FLUMMERY

Change the fruit on top to suit season of the year—

⅓ cup sugar
¼ cup cornstarch
¼ teaspoon salt
3 cups milk
1 beaten egg yolk
2 teaspoons vanilla
2 cups fresh strawberries, hulled
2 tablespoons sugar

In saucepan, combine the sugar, the cornstarch, and Blend in milk; cook and st medium heat till mixture ens and bubbles. Stir a mo amount of hot mixture into yolk; return all to sauce Cook and stir over low heat minutes more or till thick Remove from heat; stir in va Pour into 1½-quart g bowl. Cover surface with wrap or waxed paper; cool 2 hours. Halve berries; sp with the 2 tablespoons sug range berries atop and se once. Makes 6 servings.

SHOOFLY PIE

Tourists in Pennsylvania-Dut country always ask for this—

1½ cups all-purpose flour
½ cup sugar
¼ teaspoon baking soda
4 tablespoons butter or margarine
½ cup light molasses
¼ teaspoon baking soda
½ cup hot water
1 unbaked 8-inch pastry shel

Thoroughly stir together sugar, and the first ¼ tea soda. Cut in butter or marg till crumbly. Combine mola remaining soda, and hot w



Pour ⅓ of the liquid into baked pastry shell; sprinkle ⅓ of the flour mixture. Re layers, ending with flour mix Bake in 375° oven about 40 utes. Cool.

APPLE PANDOWDY

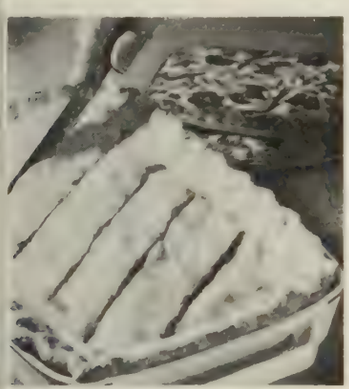
To be more traditional, you wish to "dowdy" the crust than we did in our picture—

Pastry for 2 crust 9-inch pie

4 tablespoons butter or margarine, melted
½ cup sugar
½ teaspoon ground cinnamon
¼ teaspoon ground nutmeg
Dash salt
10 cups thinly sliced pared apples (10 large apples)
½ cup light molasses
¼ cup water
3 tablespoons butter or margarine, melted

Roll out pastry to 15x11-inch rectangle; brush with some of the 4 tablespoons melted butter or margarine. Fold in half. Brush and fold again; seal edges. Repeat rolling again, brushing with butter, and folding. Chill pastry.

Mix together the sugar, spices, and salt; toss with apple slices. Place in 13x9x2-inch baking dish. Combine the molasses, water, and the 3 tablespoons melted butter; pour over apples. Roll pastry to 15x11-inch rectangle. Place over apples; turn edges under and flute. Bake in 400° oven for 10 minutes. Reduce heat to 325°; bake 30 minutes more. Remove from oven. "Dowdy" the



crust by cutting through the crust and apples with a sharp knife. Return pandowdy to oven for 10 minutes more. Serve warm. Makes 6 to 8 servings.

TIPSY SQUIRE CAKE

The coarse-textured cake soaks up the smooth Sherry Custard—

½ cup shortening
1 cup sugar
1 teaspoon vanilla
2 eggs
2¼ cups all-purpose flour
3 teaspoons baking powder
½ teaspoon salt
¾ cup milk
1 recipe Sherry Custard
Sweetened whipped cream
Toasted slivered almonds

In mixing bowl, cream together shortening, sugar, and vanilla. Add eggs, one at a time, beating till fluffy. Thoroughly stir together flour, baking powder, and salt; add to creamed mixture alternately with milk. Pour into greased and floured 9x9x2-inch baking pan. Bake in 350° oven for 35 to 40 minutes. Cool on rack. Cut cake into nine squares; split squares into two layers. Place bottom layers of cake in baking dish. Pour half of *Sherry Custard* over. Cover with top cake layers; pour on remaining custard. Cover and chill overnight. To serve, carefully transfer to serving dishes. Garnish with sweetened whipped cream and almonds. Makes 9 servings.

To make Sherry Custard: In saucepan, combine ¾ cup sugar, 3 tablespoons cornstarch, and dash salt; stir in 4 cups milk. Cook and stir over medium heat till slightly thickened. Beat 3 egg yolks and 1 whole egg together. Gradually add 1 cup hot mixture to eggs; return all to saucepan. Cook and stir till mixture coats a metal spoon. Remove from heat. Add ⅓ cup cream sherry and 2 tablespoons rum. Cool quickly by placing saucepan in pan of ice water. Makes 5½ cups.

STUFFED PHEASANT WITH CRANBERRY SAUCE

Birds are done when drumstick moves easily in socket—

8 slices bacon
1 cup chopped celery
¼ cup chopped onion
½ cup water
4 cups toasted and cubed bread (8 slices bread)
1 cup chicken broth
½ teaspoon rubbed sage
3 ready-to-cook pheasants (2 to 3 pounds each)
9 slices bacon
1 recipe Cranberry Sauce

In skillet, cook the 8 slices bacon till crisp; drain. Crumble bacon and set aside. In same skillet, cook celery and onion, covered, in water till vegetables are barely tender, 5 to 7 minutes; drain. Combine crumbled bacon, vegetables, bread cubes, chicken broth, and sage; toss well. Season cavities of pheasants with a little salt; spoon stuffing into cavities. Push drumsticks under band of skin at tail, or tie legs to tail. Place three strips of bacon over each pheasant breast. Place on rack in shallow baking pan. Roast in 350° oven for 1½ to 2½ hours, depending on size of birds. Serve with *Cranberry Sauce:* In saucepan, stir together one 8-ounce can (1 cup) whole cranberry sauce, ¼ cup packed brown sugar, 1 tablespoon corn-

continued

4 gift ideas:



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Save Money on Family Food

Family Food Ideas advertisers in this issue of Better Homes and Gardens have made possible a special offer of two Better Homes and Gardens cook books.

The Recipes for Entertaining and the Cookies and Candies books provide more than 400 recipes. The entertainment book is an all-occasion guide with ideas, menus and recipes for every size group. The cookie and candy book presents basics for cookie baking and candy making including use of the candy thermometer and how to store and freeze candy.

Each book is hard bound with a washable cover. Recipes for Entertaining retails at $2.95. Cookies and Candies at $1.95. Family Food Ideas advertisers are offering you the two books at a total savings of $1.95 for simply sending proof of pu[r]chase products advertised in this Fa[m]ily F[oo]d section.

The proof of purchase may [be] a brand name cut from a pac[k]age, plastic lid, or a copy of the b[ox] or the product on a sheet of pla[in] paper.

FAMILY FOOD IDEAS

Participating advertisers are [i]dentified at the bottom of this page. Their ads [in] immediately following can be [found] this symbol or the words "Family Food Ideas" on the advertisement.



Holiday Entertaining and You

Everything's special for the holidays. And you know why. It comes from busy days of extra planning, cleaning, cooking and shopping. But when guests arrive, your greeting and glow should equal the holiday sparkle of your home and food.

So include yourself in the planning. Get help from the family so that "busy" doesn't become "hectic." Everyone will enjoy the festivities more if you are looking and feeling your best.

Children's excess energy—one of the benefits of your good nutrition efforts—can make short work of some time-consuming tasks. Team effort and family spirit can turn other preparations into fun time. Plan candy making or cookie baking for an at-home evening. When it's time for compliments, even the little ones will understand the connection between effort and pride.

An easy candy—ideal for children's help—is the no-cooking Caramel Snappers recipe from Better Homes and Gardens Cookies and Candies book.

Caramel Snappers

144 small pecan halves (about 1 cup)
36 light caramels
½ cup semisweet chocolate pieces, melted
Grease cookie sheet. On it arrange pecans, flat side down, in groups of 4. Place 1 caramel on each cluster of pecans. Heat in slow oven (325°) till caramels soften, about 4 to 8 minutes. (Watch carefully; various caramels melt at different rates.) Remove from oven; with buttered spatula, flatten caramel over pecans. Cool slightly; remove from pan to waxed paper. Swirl melted chocolate on top. Makes 36 snappers.

A change of shape gives a touch of elegance to an old standby. Use Sugar-Cookie Fans as a final touch with soft desserts. The recipe is from the Cookies and Candies book.

Sugar-Cookie Fans

Cream together ⅔ cup shortening, ¾ cup granulated sugar, 1 egg, ½ teaspoon grated orange peel, and ½ teaspoon vanilla till fluffy. Stir in 4 teaspoons milk. Sift together 2 cups sifted all-purpose flour, 1½ teaspoons baking powder, and ¼ teaspoon salt; stir into creamed mixture, blending well. Divide dough in half; chill 1 hour. On lightly floured surface, roll to ⅛ inch. Cut around a canister lid or plate to make 8-inch circles. (For scalloped-edged fans, cut with a pastry wheel.) Then cut each circle, like a pie, into 8 wedges. With back of knife or edge of spatula, mark each cookie with lines that radiate from center to outside. Sprinkle with granulated sugar. Place 1 inch apart on lightly greased cookie sheet. Bake at 375° for 6 to 7 minutes. Cool slightly; remove from pan. Makes 3 dozen.

BH&G's Recipes for Entertaining cook book is an all-occasion guide. Its crowd-pleasing ham puffs could be the main appetizer for a holiday open house. And the sparkle of Ruby Fruit Punch will reflect the cheer of the season.

Tiny Ham Puffs

2 cups ground fully cooked ham (½ pound)
⅓ cup finely chopped celery
⅓ cup finely chopped chutney
2 tablespoons mayonnaise or salad dressing
Dash pepper
⅔ cup water
1 stick piecrust mix, crumbled
2 eggs
In mixing bowl combine ham, celery, chutney, mayonnaise, and pepper; mix well. Chill.

In small saucepan heat water to boiling. Add crumbled piecrust mix; stir vigorously over low heat till pastry forms a ball and leaves sides of pan. Cook 1 minute more, stirring constantly. Remove from heat. Add eggs and beat on low speed of electric mixer for 2 minutes. Drop dough by teaspoons onto ungreased baking sheet. Bake at 425° till golden brown and dry, about 20 to 25 minutes. Cool on rack away from draft. Split puffs; remove inside webbing, if desired. Just before serving, fill with chilled ham mixture. Makes 42 puffs.

Ruby Fruit Punch

1 28-ounce bottle ginger ale, chilled
1 tablespoon lemon juice
Orange slices
1 32-ounce bottle cranberry juice cocktail, chilled (4 cups)*
*1 cup apple juice, chilled**
Combine ginger ale, lemon [juice] and a few orange slices in [a] bowl. Add cranberry juice [cock]tail and apple juice; stir to [mix]. Makes 16 (4-ounce) servings.

*If desired, substitute [cran]berry-apple drink for the [cran]berry and apple juice.

Plan your holiday entertaining with you in mind. Choose [some] make-ahead recipes and let [the] family share the work—and [the] fun. Family Food Advertisers listed below offer many more food ideas on the following pages. They also make possible the special offer on two better Homes and Gardens books that can help make your holiday entertaining special.

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FAMILY FOOD IDEAS

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Great go-togethers!

Rice-A-Roni and Kikkoman

Kikko Roni Cornish



Prepare 1 pkg. Long Grain and Wild Rice-A-Roni with only 2 cups water and 2 Tbsp. Kikkoman Soy Sauce. Add ½ cup diced celery and 1 (2 oz.) can mushrooms, drained. Cool. Stuff and truss 6 (1¼ lb.) Cornish hens. Bake 1¼ hrs. at 350°F. Baste 4 times with mixture of ½ cup Kikkoman ½ cup orange marmalade and 1 tsp. dry mustard.

Kikko Roni Burger



Combine 1 lb. ground beef, 2 Tbsp. Kikkoman Soy Sauce, ½ tsp. sugar and ½ cup chopped onion. Shape into 12 meatballs. Brown in 10" skillet with 1 Tbsp. oil. Stir in 2½ cups water, 2 Tbsp. sherry, 1 Tbsp. Kikkoman and 1 pkg. Long Grain and Wild Rice-A-Roni. Bring to boil, cover and simmer 30 minutes.



Combine Long Grain & Wild Rice-A-Roni and Kikkoman—the nation's flavor leaders—in these simple and delicious recipes. Get creative with other Rice-A-Roni favorites. And, in addition to Kikkoman Soy Sauce, try the zesty zing of Kikkoman Teriyaki Sauce.

FAMILY FOOD IDEAS

continued

Recipes from our first frontier

starch, 2 tablespoons dry red wine, and 1 teaspoon prepared mustard. Cook and stir till slightly thickened and bubbly. Makes 1¼ cups sauce.

PRUNE KOLACKY

Another time fill the centers with a canned apricot filling—

1 package active dry yeast
3½ to 4¼ cups all-purpose flour
½ teaspoon grated lemon peel
¼ teaspoon ground nutmeg
1 cup milk
⅓ cup sugar
⅓ cup shortening
1 teaspoon salt
2 eggs
1 recipe Prune Filling

In large mixer bowl, combine yeast, 2 cups of the flour, the lemon peel, and nutmeg. In saucepan, heat together milk, sugar, shortening, and salt just till warm (115° to 120°), stirring occasionally to melt shortening. Add to dry ingredients in mixer bowl; add eggs. Beat at low speed of electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. By hand, stir in the remaining 1¼ to 1¾ cups flour to make a moderately soft dough.

Turn out onto floured surface; knead till smooth and elastic, 5 to 8 minutes, kneading in remaining ¼ to ½ cup flour. Place in lightly greased bowl, turning once to grease surface. Cover and let rise in warm place till double, about 2 hours.

Punch down; divide dough in half. Cover; let rest 10 minutes. Shape each half into 12 balls. Place 3 inches apart on greased baking sheets. Flatten each to 3-inch diameter. Cover; let rise till double, about 1 hour. Make depressions in center of each; fill with *Prune Filling*. Bake in 375° oven 10 to 12 minutes. Makes 24.

To make Prune Filling: Cook 1½ cups dried prunes in enough water to cover by 1 inch. Cover; bring to boiling. Reduce heat; simmer 25 to 30 minutes. Drain, pit, and chop prunes. Stir in ¼ cup sugar and ½ teaspoon ground cinnamon.

BAKING POWDER BISCUITS

For crusty biscuits, place ¾ inch apart on baking sheet. For soft sides, arrange close together in shallow baking pan and brush tops with milk before baking for golden color—

2 cups all-purpose flour
1 tablespoon baking powder
½ teaspoon salt
⅓ cup shortening
¾ cup milk

Thoroughly stir together flour, baking powder, and salt. Cut in shortening till mixture resembles coarse crumbs. Make well in the center; add milk all at once. Stir quickly with fork just till dough clings together. Turn onto lightly floured surface. Knead gently 10 to 12 strokes. Roll or pat dough to ½-inch thickness. Dip 2-inch biscuit cutter in flour; cut dough straight down (do not twist). Place on ungreased baking sheet. Bake in 450° oven 10 to 12 minutes. Makes 16.

LENTIL SOUP

A hearty soup that only needs a salad to complete the meal—

2 cups dried lentils
8 cups water
2 slices bacon, diced
½ cup chopped onion
½ cup chopped celery
¼ cup chopped carrots
3 tablespoons snipped parsley
1 clove garlic, minced
2½ teaspoons salt
¼ teaspoon pepper
½ teaspoon dried oregano, crushed

• • •

1 16-ounce can (2 cups) tomatoes
2 tablespoons wine vinegar

Rinse lentils; drain. Place in kettle or Dutch oven. Add remaining ingredients except tomatoes and vinegar. Cover; simmer 1½ hours. Add drained tomatoes, breaking any large pieces. Add vinegar. Simmer, covered, 30 minutes more. Season to taste. Makes 10 servings.

GREEN TOMATO MARMALADE

Lemon sparks this delicate tomato preserve—

6 cups sliced green tomatoes (12 medium tomatoes, 3 pounds)
3 cups sugar
½ teaspoon salt
3 lemons

In bowl, mix tomatoes, sugar and salt. Peel lemons, remove peel from one lemon. Finely cut white membrane from peel; shred the peel very thin. Boil peel in 1 cup water for 8 minutes; drain and discard water. Slice lemons; pulp thin and remove seeds. In large kettle, combine tomatoes, lemon peel, lemon pulp, and tomato mixture. Heat to boiling; cook vigorously, stirring constantly, for 45 minutes or till thickened. Pour marmalade into hot clean jelly jars. Seal. Makes 6 half-pints.

CHOPPED BEEF PASTIES

Steak and potatoes are tucked inside a rich pastry—

3 cups all-purpose flour
1½ teaspoons salt
1 cup shortening

Triple Treat Holiday Bars



They're easy to make. Take one pan. Bake one base. Then top. Three different delicious ways: Candied fruits, chocolate glaze, Blue Diamond® almonds—delicious, fresh almonds from the good California sunshine. Perfect for this Gold Medal® recipe.

You can depend on Gold Medal flour recipes. Because they're created in the Betty Crocker Kitchens and tested in homes like yours.



Make this a Gold Medal holiday. The recipes in this Gold Medal sack.

®Reg. TM of General Mills, Inc. ®Reg. TM Blue Diamond



Betty Crocker® Snackin' Cake®

Something special to eat.



Nothing much to clean up.



To the family it's some kind of fantastic moist cake you just pulled out of the oven.

To you, Betty Crocker Snackin' Cake is the cake you might have mixed up between taking the kids to the dentist and writing your letter to the editor. And you mixed it up with just a fork in the same pan you baked and served it.

No mixing bowls, no big mess to clean up. Betty Crocker Snackin' Cake in six moist, delicious flavors: Banana Walnut, Coconut Pecan, Chocolate Almond, Chocolate Chip, Applesauce Raisin and Chocolate Fudge.

We call it something special to eat, nothing much to clean up. We think you will, too.



continued

Recipes from our first frontier

1 teaspoon granulated s
the 3¾ cups lukewarm
Add yeast to sugar-water
into dry ingredients. M
Cover; let stand overn
room temperature (bow
not be over half full).

The next morning, stir
Add brown sugar, the
soda, and the cooking oil.
erate 1 cup batter for
(keeps several weeks). B
maining batter on hot,
greased griddle. Serve
warmed molasses or mapl
Makes 20 pancakes.

To reuse starter: Add
lukewarm water, ½ cup
wheat flour, and ½ cup
pose flour to the 1 cup
stir till smooth. Let stan
night as before. When re
bake, add 2 tablespoons
sugar, 1 tablespoon cook
½ teaspoon salt, and ½ te
baking soda. Again, reserv
batter for starter.

MOCK APPLE PIE

*Classic apple pie spices flav
this dessert—*

Pastry for 2-crust 9-inch pie

• • •

36 round cheese crackers
2 cups sugar
2 cups water
2 teaspoons cream of tartar
1 teaspoon shredded lemon
2 tablespoons lemon juice
2 tablespoons butter or margarine
Ground cinnamon

Roll out pastry for botton
and fit into 9-inch pie
Coarsely break the cracke



pastry-lined pie plate. In
pan, combine sugar, water
cream of tartar; bring to bi
Boil gently, uncovered, f
minutes. Remove from heat
lemon peel and lemon juice;
Pour syrup over crackers.
with butter or margarine
sprinkle with cinnamon. A
top crust; cut slits for esca
steam. Bake in 425° oven f
to 35 minutes or till cru
golden. Serve warm.

continued on page 122

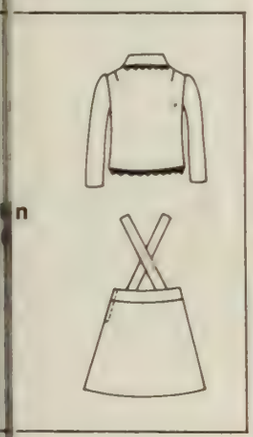
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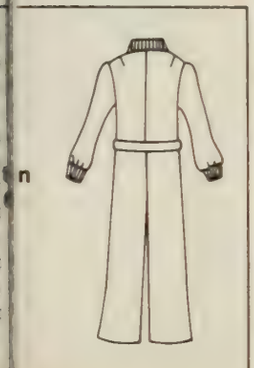
he front views of these fashions for children 8. To order a pattern, he order blank that's n the same page.











There's no trick to this treat!



Homemade candy from scratch can be time-consuming and even tricky. But with one package of Betty Crocker® creamy frosting mix and our simple recipe, you can make homemade, old-fashioned fudge quickly and easily. Here is a new Halloween Treat using two different flavors in combination layers. And since the recipe is virtually goof-proof, there's no trick to making this treat.

And Betty Crocker makes great frosting, too. We think you'll agree that it's a mix that doesn't taste like a mix.

Easy candy from Betty Crocker frosting mix.

Betty Crocker

2 tablespoons butter or margarine
¼ cup milk (plus 2 teaspoons if making with chocolate fudge frosting mix)
1 package Betty Crocker® creamy frosting mix (chocolate fudge, orange, or any of the other delicious flavors*)

Heat butter in milk over low heat until butter melts and mixture is hot (begins to steam). Remove from heat, stir in frosting mix (dry). Heat over low heat, stirring constantly with rubber spatula until smooth and glossy, 1 to 2 minutes. Do not overheat. Makes 1 pound.

RIBBON FUDGE – Line square pan, 8x8x2 inches, with aluminum foil, leaving [illegible] opposite sides. Prepare candy from orange frosting mix, spread evenly in pan. Prepare chocolate fudge frosting mix, stir in ½ cup chopped nuts and spread [illegible] layer in pan. Chill until firm. Lift candy out of pan, using foil. Remove foil. Cut into 1-inch squares.

WAFERS – Drop by teaspoonfuls onto waxed paper. If necessary, reheat mixture slightly. Let stand until firm.

CLUSTERS – Stir in 1½ cups salted peanuts or other nuts. Drop by teaspoonfuls onto waxed paper. Let stand until firm.

*[illegible] It makes great frosting, too.

continued

Recipes from our first frontiers

HERBED LAMB KABOBS
Green sticks were used in the early days; we now use metal skewers for the kabobs—

½ cup cooking oil
¼ cup lemon juice
1 teaspoon salt
1 teaspoon dried marjoram, crushed
1 teaspoon dried thyme, cr
1 clove garlic, minced
½ cup chopped onion
¼ cup snipped parsley
½ teaspoon pepper

• • •

2 pounds boneless lamb, c in 1-inch cubes
Green peppers, quartered
Sweet red peppers, quarte
Onion wedges, precooked

Combine first nine ingr Add meat and stir to coat refrigerate overnight, tur meat occasionally. Drai reserving the marinade. skewers with meat cubes, of green and red peppe onion wedges. Broil o coals 10 to 12 minutes, and brushing them oft marinade. Makes 6 servi

PORK APPLESAUCE KR BAKE
A nutritious, low-cost m that's easy to fix—

4 pork shoulder chops, cu thick (2 pounds)
1 16-ounce can (2 cups) sauerkraut, undrained a snipped
1 8-ounce can (1 cup) app
¼ cup finely chopped oni
2 tablespoons brown suga
¾ teaspoon caraway seed

Trim excess fat from cho trimmings in skillet till spoon fat accumulates, the trimmings. Brown th slowly on both sides in Remove chops; drain o fat. Combine sauerkrau sauce, onion, brown su caraway seed. Pour int Add chops; season with salt and pepper. Cover mer till chops are tender, minutes. Makes 4 serving

CORN RELISH
Serve as a relish appeti a meat accompaniment—

⅓ cup sugar
1 tablespoon cornstarch
2 tablespoons finely chop onion
1 teaspoon ground turmer
½ teaspoon celery seed
¼ cup vinegar
¼ cup water
1 12-ounce can whole ker corn, drained
2 tablespoons finely chop green pepper
1 tablespoon chopped pin

In saucepan, combin cornstarch, onion, turm ery seed, vinegar, wa corn. Cook and stir till thickens and bubbles. green pepper and pimien Makes about 1¾ cups.

BEEF FLAUTAS
Serve either as a main d appetizer—

2 cups cooked beef cut in strips (about 12 ounces
1 tablespoon cooking oil

Dole party pick-me-ups

FAMILY FOOD IDEAS



Scampi on a Stick

1 pound fresh or frozen raw shrimp
1 can (20 oz.) Dole Pineapple Chunks
24 large pitted ripe olives
½ cup butter, melted
1 Tbsp. chopped parsley
½ tsp. garlic salt

Shell shrimp leaving tails on. Drain pineapple reserving ¼ cup syrup. Assemble skewers as shown. Combine butter, reserved syrup, parsley and garlic salt; brush over skewers. Broil. Use remaining marinade as dunk.

Mandarin Plum Chicken Bites

4 chicken breast halves
1 cup plum jam
3 Tbsp. soy sauce
1 Tbsp. dry sherry
¼ tsp. garlic powder
¼ tsp. ground ginger
1 can (20 oz.) Dole Pineapple Chunks
2 large green bell peppers

Bone and skin chicken breasts; cut into 24 chunks. Combine plum jam, soy sauce, sherry, garlic powder and ginger. Marinate chicken over night. Drain pineapple; cut bell pepper into 24 chunks. Assemble skewers as shown. Brush with marinade. Broil.

Pineapple Ham Skewers

2 lb. center cut ham slice
1 can (20 oz.) Dole Pineapple Chunks
2 tsp. Hot English style mustard
2 Tbsp. butter, melted
24 stuffed green olives

Cut ham into 48 cubes. Drain pineapple reserving ¼ cup syrup. Combine syrup, mustard and butter. Assemble skewers as shown. Brush with mustard mixture. Broil.

Sesame Teriyaki Bites

2 pounds top round steak
1 can (20 oz.) Dole Pineapple Chunks
½ cup teriyaki sauce
1 Tbsp. honey
¼ tsp. ground ginger
12 green onions, 2" lengths
Toasted sesame seeds
24 cherry tomatoes

Cut steak into 24 cubes. Drain pineapple reserving ¼ cup syrup. Combine syrup, teriyaki sauce, honey and ginger. Marinate steak in mixture over night. Assemble skewers as shown. Brush with marinade. Broil. Sprinkle with sesame seeds; add tomato before serving.

Chili Bacon Bites

1 can (20 oz.) Dole Pineapple Chunks
24 slices bacon
24 large stuffed green olives
1 cup chili sauce

Drain pineapple reserving ¼ cup syrup. Cut bacon slices in halves; wrap each half slice of bacon around a chunk of pineapple. Assemble skewers as shown. Blend chili sauce and reserved syrup; brush over skewers. Broil. Use remaining chili sauce as dunk.

Each recipe makes 24 servings.
All skewers broil 3 inches from heat for 6 minutes, or until done, turning once.



They'll say "you shouldn't have," but they'll be awfully glad you did. Serve all five, or choose a few and save the rest for next time. They're easy to prepare ahead — then they cook in just 6 minutes! For more ideas, order Dole's beautiful hardcover Cookbook. For the simplest to most elaborate meal. 78 pages of recipes. 28 color photographs. A $4.95 value for only $1.95 and one Dole Blue Label. Send to: Dole Cookbook, Box 6333, Chicago, Ill. 60677. Offer good only in U.S. Void where restricted, taxed or prohibited.

DOLE® TM OF CASTLE & COOKE INC

ed from page 34

sobering
s about
d prices

get for corn, wheat, soy-
nd livestock.
of the most sobering facts
oday's food prices is that
of well-intentioned con-
groups and politicians to
wer prices are more likely
to have just the opposite
Cases in point are the
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as much as a year.
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Successful Farming *arti-*
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ities of 5,000 or more,
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Send to: Better Homes
dens, P.O. Box 384, Des
Iowa 50336.

Ore-Ida suggests two easy ways to be nice to your family. And to your budget.





SKIPPER'S CASSEROLE

¼ cup butter or margarine
½ cup finely chopped green pepper
¼ cup Ore-Ida fresh frozen Chopped Onions
3 tablespoons flour
1½ teaspoons salt
¼ teaspoon dill seed
⅛ teaspoon pepper
1 can (13 ounces) evaporated milk
1 can (4 ounces) mushrooms
2-3 teaspoons Heinz Worcestershire sauce
2 cans (6½ ounces each) Star-Kist Chunk Light Tuna, drained and flaked
1 package (10 ounces) frozen peas, partially defrosted and broken apart
1 package (16 ounces) frozen Ore-Ida Tater-Tots®*

1. Preheat oven to 400° F. Grease a 2-quart oblong casserole.
2. In 2-quart saucepan over medium-high heat, melt butter and cook green pepper and onion until tender but not brown.
3. Stir in flour, salt and pepper until blended. Gradually stir in milk, liquid drained from the mushrooms and Worcestershire sauce; cook, stirring constantly, until smooth and thickened.
4. Add tuna, peas and mushrooms; return to boil; spoon mixture into casserole.
5. Arrange frozen Tater Tots® in a single layer on top. Bake for 30 minutes or until hot and bubbly in the center.

YIELD: 6-8 servings.

*May also be prepared with Ore-Ida Tater Tots® with onions.



POTATO TASTY BAKE

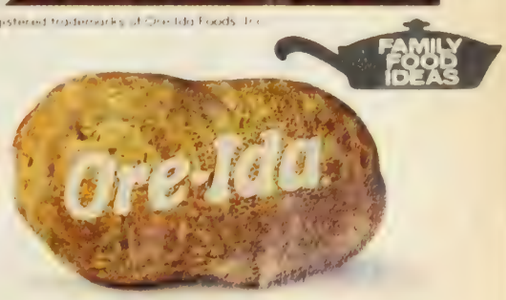
2 tablespoons butter or margarine
1 package (16 ounces) frozen Ore-Ida Golden Crinkles®*
¾ cup Ore-Ida fresh frozen Chopped Onions
½ cup crushed bran flakes
1 cup shredded Cheddar cheese
2 eggs, well-beaten
1 cup dairy sour cream
1¼ teaspoons salt
⅛ teaspoon pepper

1. Preheat oven to 350° F. Grease a 1½-quart casserole.
2. In large skillet, over medium-high heat, melt butter; add frozen potatoes and heat 5 minutes, stirring occasionally; reduce heat to medium, add onions and cook 5 minutes, or until potatoes and onions are browned, stirring frequently to avoid overbrowning. Remove from heat; gently toss with bran flakes and shredded cheese. Place mixture in casserole.
3. In mixing bowl, beat eggs well; add sour cream, salt and pepper; beat until blended and thickened; pour sauce over potatoes.
4. Bake 20 minutes or until sauce is set but shiny.
5. Sprinkle with paprika if desired.

YIELD: 5-6 servings.

*May also be prepared with Ore-Ida Golden Fries®.





Good eatin' from Boise.

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For dozens more recipes that will help you be nice to your family and your budget, mail this coupon with 25¢ to Recipes, Box 28, D-89, Pittsburgh, Penna. 15230.

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Turkey roasting timetable

With a meat thermometer at hand and this handy chart, you should have no problem cooking the venerable bird this year.

To thaw turkey. Thaw turkey in the original moistureproof wrapping in the refrigerator. Or, thaw by placing the wrapped bird in a pan of *cool* water; change water often. (Warm or hot water raises the temperature of the outside of the bird too quickly.) After thawing, free legs and tail, neck and giblets.

Turkey Roasting C	
325° OVEN	
Purchased ready-to-cook weight	Gui total r ti
6 to 8 lbs.	3½ to
8 to 12 lbs.	4 to
12 to 16 lbs.	4½ to
16 to 20 lbs.	5½ to
20 to 24 lbs.	6½ to
*If turkey is unstuff time may be required	

To roast whole turkey oven to 325°. Rinse tha pat dry. Stuff wishbon skewer neck skin to b wing tips behind should Rub salt in body cavit fill with stuffing. Push d under band of skin at t to tail). Brush bird wi cooking fat or oil. In thermometer in center thigh muscle making does not touch bone. key, breast side up, o shallow roasting pan. C a loose "cap" of foil. A ing foil touch top or sid

When turkey is done according to chart of skin or cord at tail so reach inside of thighs. cooking till meat the registers 185°. Thickes drumstick should feel when pressed between fi turkey's drumstick sho up and down and twist the socket.

To roast in covered pan oven to 350°. Prepar above and insert meat t eter. Place turkey, breas on rack in roasting par add water. Cover pan w cover tightly with foil. to 12-pound trukey for Remove cover and cut skin or cord. Baste tur pan juices and roast, u about 1 hour more. Th will not be as golden br uncovered method. M mometer should read 1

To roast in cooking bags Preheat oven according facturer's directions. Pr as above and insert m mometer. Be sure to co wrap with at least 1 ta flour in order to prevent and release of the hot juices. Manufacturers al mend that a few holes tured in the top of ba fork as a safety precauti and follow the manu directions for roasting, the package, but also rel meat thermometer to a curacy of doneness.



Six dozen ways to keep your children happy this holiday season.

Make 6 dozen delicious Party Cookies with m&m's® Plain Chocolate Candies.

Fun for the kids, fun for you, Party Cookies are easy to make. And so bright and festive for the holidays.

Easy Party Cookies Recipe

1 cup shortening
1 cup brown sugar, firmly packed
½ cup granulated sugar
2 eggs
2 tsp. vanilla
2¼ cups sifted all-purpose flour
1 tsp. baking soda*
1 tsp. salt*
1½ cups m&m's Plain Chocolate Candies (3/4 pound pkg.)

Cream shortening, sugars, eggs, and vanilla thoroughly. Sift together flour, soda, and salt. Add dry ingredients gradually to creamed mixture—mix well. Stir in ½ cup m&m's Plain Chocolate Candies; reserve remaining candies for decorating. Drop by teaspoon on ungreased baking sheet. Decorate tops of cookies with remaining m&m's Plain Chocolate Candies. Bake at 375°F. for 10-12 minutes, or until golden brown. After baking, some of the candies may be slightly cracked. This adds texture and interest to your cookies—still the same delightful flavor. Makes about 6 dozen 2½-inch cookies.

*If you use self-rising flour, omit soda and salt.



FAMILY FOOD IDEAS

Look for other fun recipes on specially marked packages of MILKY WAY® Bars, SNICKERS® Chocolate Peanut Bars, 3 MUSKETEERS® Bars, COMBO™ MUNCH Peanut Brittle and m&m's Peanut Chocolate Candies.

nberry ads

RRY PEAR COLESLAW
uit version of a cabbage orite—
iry sour cream
oons mayonnaise or ressing
ons sugar
redded cabbage
edium pears, cored
bed (2¼ cups)
opped celery
e can (1 cup) jellied
rry sauce, chilled

Photographs Dieter



cream, mayonnaise, and ombine cabbage, pears, y. Cube cranberry sauce, a few cubes for garnish. nberry cubes and sour ixture to cabbage mix- s gently. Serve in lettuce- wl, if desired. Garnish rved cranberry. Makes 6 ings.

Buying information, page 154



A good square meal for about 20¢ a serving.



You get two servings of Chef Boy-ar-dee Ravioli in every 15-ounce can. And we don't cut corners—the tender squares of macaroni are stuffed with beefy filling, and topped with a rich tomato and cheese sauce. Scrumptious. And that goes for our other good hot lunches, too. All six of them.



Chef Boy-ar-dee®

FAMILY FOOD IDEAS

FROZEN CRANBERRY SQUARES
Starts with fresh cranberries—
3 cups whole fresh cranberries
3 large apples, cored and cut up
1 cup sugar
1 9-ounce jar marshmallow creme

• • •

1 2-ounce package dessert topping mix
Lettuce

Grind fruits through food chopper using coarse blade. Combine fruits, sugar, and marshmallow creme. Let cranberry-apple mixture stand 3 to 4 hours.

continued on page 140



Remember how good those barbecued steaks tasted last summer? Remember how you helped get them that way?

You brushed them with Kitchen Bouquet before you put them on the barbecue. You can get the same crispy brown, juicy results now...in your oven-broiler.

Just brush on Kitchen Bouquet before you broil. Its special blend with delicate herbs and spices will help give your steak a thin, crisp crust outside while it helps seal in the good meat juices inside. Just like it did on the barbecue.

So get it out of winter storage. And don't forget the sides of meat when you're brushing. Precious juices can leak out there, too.

If you're broiling hamburgers, fish or poultry, brush them, too. And for other quick tips and imaginative recipes for better eating... from main dishes to marinades, send for the free 32-page recipe booklet.



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KITCHEN BOUQUET

FAMILY FOOD IDEAS

Glossary of French furnishings terms

Have you read our Country French story on page 76? If so, you may have run across some unfamiliar words used to describe the furnishings and background decor. To help bridge the language gap, here's a short collection of common French decorating terms with definitions. French buffs need read no further. Otherwise check this glossary to see if you're using the terms correctly.

Arabesque. A complex and fantastic pattern of geometrics, scrolls, and animal forms that is painted, carved, or inlaid on many types of home furnishings.

Armoire. A piece of furniture used to store clothes. Probably first used to store armor.

Arras. Originally a tapestry. Now a generic term for a woven wall hanging.

Aubusson rugs. Rugs with heavy, coarse tapestry weave in both period patterns and contemporary designs.

Baroque. Term used to describe elaborate styles, bold curves, and heavy ornamentation characteristic of architecture and decoration in 17th century.

Bergere. A comfortable armchair with closed, upholstered sides, or sometimes with canework on sides and back.

Bibliotheque. Extremely large, architectural bookcase.

Bisque. White, unglazed porcelain used in china or busts.

Bistro dinnerware. Heavy porcelain used in French cafes.

Bocage. Tapestries woven with woodland background, or porcelain figurines with a woodland background.

Boiserie. Delicate paneling and decorative woodwork.

Bombé. Outward curving front or sides of cabinets or desks.

Bouillotte lamp. Candle lamp of gilt, bronze, or brass with a painted tole shade set or hung over a circular game table of the same name.

Bronze-doré. Gilt bronze or bronze dipped in gold.

Cachepot. Porcelain container that covers a clay flowerpot.

Chaise longue. Chair with an elongated seat supported by extra legs.

Chinoiserie. Generic term for Chinese ornamental motifs.

Cloisonné. Type of enamelwork where different glaze colors are separated by metal dividers.

Cocotte. Large round or oval casserole in porcelain or copper for roasting and serving meat.

Crédence. Massive French Renaissance two-part buffet.

Creil. Glazed soft-paste pott with black stencil designs backgrounds of either white, low, or water-green.

Daubiere. Deep jug-shaped ea enware vessel for marinades.

Découpage. Fanciful 18th-c tury art of decorating the faces of household objects w paper cutouts, then applying t coats of varnish.

Epergne. Table centerpiece m in graduated tiers of metal, c tal, or porcelain to hold flow fruit, or bonbons.

Escritoire. Delicate small desk

Etagere. A stand consisting tiers of open display shelves.

Faience. A type of glazed ea enware, not ovenproof. Dec tive informal dinnerware.

Fauteuil. A French open-a chair with either upholstered caned seat and back.

Faux bois. The look of wo achieved with paint.

Fleur-de-lis. Decorative motif resenting the garden lily.

Friezé. Type of fabric or car ing with uncut loop pile.

Garde-manger. Wooden wall c net for storing food.

Garniture de cheminée. A set five mantelpiece vases in tr tional Chinese shapes.

Girandole. An elaborate sconce with projecting branc for candles. Sometimes has a c vex mirror center.

Guérite. Chair with a high, ho ed back and closed sides to p tect sitter from drafts.

Jardiniere. Decorative wood ramic, or metal container or st for plants or flowers.

Lalique. A decorative Fre glass with engraved, molded, pressed designs of flowers, bi foliage, and animals. It comb clear and white matte surfac

Lavabo. Wall-hung wash basi two parts. Top half contains ter; bottom half, a basin.

Lit clos. Bed enclosed on th sides with wood paneling, or s other type of material.

Lit de repos. Low daybed signed for catnaps.

Lunette. A half-moon shape pearing in furniture in the h moon console table; in archi ture, in the fan-shaped win over a door.

Manchette. Upholstered cush used on wood arms of 18th-c tury armchairs.

Marmite. Metal or earthenw pot with cover and handles both sides. Food cooked in started on range top and finis in oven.

Marquise. Wide, completely

d armchair.
ne. Short sofa of French period with one arm han the other.
rs. An all-over pattern of eads.
ater. Small, circular grat- inding cheese.
A gilded metal alloy used te 18th-century French .
aché. Paper which is glued, and then lac-

y or parqueterie. Decora- aid woodwork used in and in furniture.
cremes. Individual porce- to bake, refrigerate, and eam dessert.
u. A small praying desk helf close to the floor on kneel. Now a chair.
p. Provincial-type pottery sant scenes.
. Porcelain baking dish idual servings from oven

é. Decorative sheet-metal th design projected in re- he front.
Heavy, long-handled used for browning

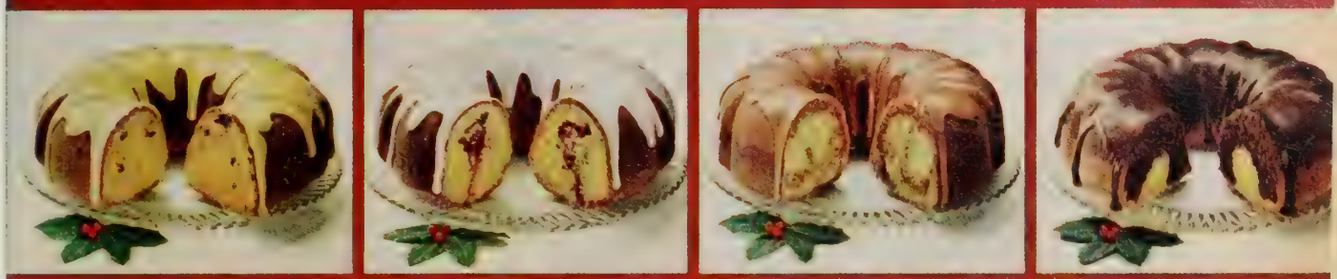
er. A tall, narrow chest ven drawers developed eign of Louis XV.
Colorful, glazed porcelain factory established by V—and costly even then.
. Soup tureen with cover tter. Also a vase design ting tops of beds, cabi- d chairs.
che. A glass bell used to t foods.
de table. A large raised ece in china or silver to tureen; sometimes fitted diment dishes or sockets lles.
l. Drum-shaped stool or d as stand or end table.
r. A flexible door on a aped table. The door is thin strips of wood that ither vertically as one horizontally in pairs and grooved channel.
Porcelain or earthenware r baking meat dishes like

Jouy. Finely woven cot- ic printed with classical

haped and painted tin decorative objects.
e. Originally a big cande- now any portable stand s.
e. Latticework made of risscrossed wood slats o a frame and used in- nd out in 18th century. tern appears on wallpaper rics today.
l'oeil. The phrase means the eye," and it's done by ng dimension, architecture, or an exact view with paper or paint.
Vaisselier. A low cabinet topped by open shelves with guardrails for display of china.
Vermeil. Gilded bronze or silver developed as a substitute for gold.
Verrier. A set of open, hanging wall shelves that display drinking glasses or small objects. Also the French word for the monteith bowl which has a notched edge to hold the stems of wineglasses and is used as a punch bowl or centerpiece.
Vitrine. A cabinet with glass doors, top, and sides used to display art objects.

Bake a Bundt* ring cake for the holidays.

*BRAND



You don't have to be a fancy baker to bake a holiday cake.



Whip up scrumptious, festive holiday cakes in all these fancy flavors:
Chocolate Macaroon, Lemon Blueberry, Raspberry Ripple, Butterscotch Swirl or Fudge Nut Crown. Great for holiday feasts...great for gifts.

You get cake, filling and glaze mix all in one box.

Sweeten up your holidays!



fudgie scotch ring

It's so easy and so good. Here's all you need:

- 1 6-oz. pkg. (1 cup) Nestlé's® Semi-Sweet Chocolate Morsels
- 1 6-oz. pkg. (1 cup) Nestlé's® Butterscotch Morsels
- 1 can Borden Eagle® Brand Sweetened Condensed Milk* (not evaporated milk)
- 1 cup coarsely chopped Diamond® Walnuts
- ½ teaspoon vanilla extract
- 1 cup Diamond® Walnut halves

*Magnolia® or Dime® Brands may be used

1. MELT chocolate & butterscotch morsels with sweetened condensed milk in top of double boiler over hot (not boiling) water. Stir occasionally till morsels melt and mixture begins to thicken. Remove from heat; add chopped walnuts and vanilla. Blend well. Chill for 1 hour till mixture thickens. Line bottom of 9" pie pan with a 12" square of foil. Place ¾ cup walnut halves in bottom of pan, forming 2" wide flat ring.

2. SPOON chocolate mixture in small mounds on top of walnuts to form ring. Decorate with remaining walnuts.

3. CHILL in refrigerator until firm enough to slice. Cut into ½ inch slices.

Makes about 36 slices.



FAMILY FOOD IDEAS

Win money for your recipes



Potato Salads—Homemade Ice Creams

Do you make a potato salad that's famous throughout your ne borhood? Or, do you have a special flavor twist for those fashioned favorites—homemade ice cream and sherbet? S your recipe today for either or both categories and you coul a prizewinner next June. Two Cooks-of-the-Month receive each. Four Runners-up receive $25 each and 12 Honor winners get $10 each. The selected winning recipes will pictured on the Prize Tested Recipes pages next June. All winners receive a framed Better Homes and Gardens Certifi of Endorsement and six copies of the endorsed recipe.

Hints To Help You

Potato salad can be either hot or cold. Maybe you start with frozen potato puffs or shoe strings. Is your dressing made with herbs or a seasoning mix? Do you dress up a canned potato salad or one from your delicatessan?

Suggestions:

calico potato salad
hot dill potato salad
bacon-potato salad
potato salad ring
cottage potato salad

Homemade ice cream might tain pieces of chocolate ca fruit and peel, or nuts. Do combine chocolate with ma mallows, or stir in a secret gredient for smooth texture? can start with a packaged or from scratch. Pointers:

toffee pecan treat
cherry rhubarb sherbet
orange eggnog ice cream
butterscotch almond ice crea
banana split ice cream

THIS MONTH'S WINNERS

(See recipes on pages 103 and 104.)

Cooks-of-the-Month

Anita L. Davey, Oakland, Calif.
Mrs. Richard Philabaum, Phoenix, Ariz.

Runners-up

Mrs. H. S. Atkinson, Cape Charles, Va.
Mrs. Janet H. Hansen, Falls Church, Va.
Elizabeth Johnson, Minneapolis, Minn.
Susan J. Ketchledge, DeWitt, N.Y.

Honor Roll

Elizabeth Avakian, Hartford, Conn.
Mrs. Lelah F. Deegan, Dubuque, Iowa
Mrs. Melanie L. Dobbs, Irvine, Calif.
Sara Edwards, San Gabriel, Calif.
Mrs. J. F. Finnegan, Minneota, Minn.
Mrs. Stephanie Katz, Detroit, Mich.
Mrs. Martin Kuchyt, Higganum, Conn.
Mrs. Bruce Lawrence, Mequon, Wis.
Florence Marshall, Ridgewood, N.Y.
Mrs. Ethelmae M. Sebrell Auburn, Nebr.
Mrs. G. C. Steffes, Edina, Minn.
Miss Mavis Womack, Akenman, Miss.

CONTEST RULES

1. **Write or type your recipe clearly on one side of the paper and m it "June Potato Salads" or "June Homemade Ice Creams." If wish, send a recipe for each of the two categories.**
2. **Print your full name and address in upper right corner of paper.**
3. **Give measurements in *level* cups, tablespoons, teaspoons.**
4. **Specify brand names of the *nationally* known food products you as ingredients so we can test your recipe with the same brands**
5. **Include 50 to 100 words about the origin of the recipe you submi**
6. **Recipes submitted become property of Meredith Corporation.**
7. **Entries must be postmarked by midnight, November 30. In c where duplicate recipes are submitted, the one with the earliest p mark will be judged. All judges' decisions will be final.**
8. **We reserve the right to adjust and edit winning recipes.**
9. **Address the recipes you enter to 7311 Test Kitchen, Better Ho and Gardens, Des Moines, Iowa 50336.**

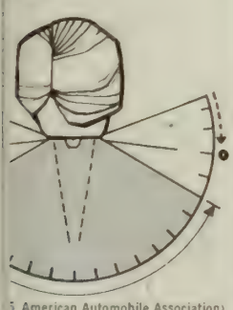
rom page 10

ng:

signs require special ion because you nor- ot come to a complete pheral vision starts to or all of us at about nd the lines of vision dually as speed in- t 60 mph, even if your ew "at rest" is normal, ave a total visual field siderably less than the es which is considered r safe driving. ind you have restricted vision, don't be dis-



our arms behind you lder height, with in- gers extended as With your eyes fo- a specific point di- front of you, bring rward slowly until see both fingers. If p in front of body, bably have deficient nd you should con- ctor.



, American Automobile Association)

ardboard protractor adius of ten inches. at midpoint, mark r protractor at ten- intervals to the 110- nark.

the protractor as and look straight Have someone move slowly from back to ong the edge on one If, while looking ahead, you detect the nt of the pencil out corner of your eye, pencil and note that degrees. Make sev- ls on each side, and results for that eye.

Dollar for dollar, what other meat stacks up to SPAM?

We made the sandwiches on the left with a dollar's worth of a nationally popular sliced bologna. For the stack on the right, we used a dollar's worth of SPAM.*

Both the SPAM and the bologna are all meat, good-tasting, good quality. But you can see how SPAM makes your meat dollar go further.

Try SPAM Regular, or — for pennies more — SPAM with Cheese Chunks or SPAM Smoke Flavored. There are so many great SPAMwich combinations, you'll be surprised how the savings add up.

A lot of meat. But not a lot of money.



Hormel
FINE FOOD PRODUCTS



*Prices based on a 1972 Survey of National Average Retail Prices.

SPAM is a registered trademark for a pure pork product packed only by Hormel.

FAMILY FOOD IDEAS

couraged. The person with deficient eyesight who *uses* the sight he has carefully is better off than one who restricts his good vision with thoughtless driving habits. Combine the scanning technique above with these pointers for safe driving:

- Adjust the seat to achieve a position which maximizes visibility and access to controls.
- Fasten seat and shoulder belts firmly to maintain position.
- Make sure all mirrors are adjusted to give you optimum views.

Son of SPAM



Like its famous father, all-meat SPAM Spread is a great mixer. Spreads smooth as butter, blends happily with pickles, cheese, eggs, almost anything. Kids love it for snacks or sandwiches; you'll use it, too, in chip dips and canapes. You'll like the good Hormel Ham in SPAM Spread.

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FAMILY FOOD IDEAS

CARS

Garage storage unit and tuckaway tool chest





Photographs: Hopkins. Design

Here's a project that will bring all your auto parts and equipment together, if you decide to build all the components.

Because it's a three-part unit, you can build what you need the most first, then add the other parts later. Overall dimensions are 6 feet wide by 7 feet high and 18 inches deep.

The top cabinet on the left is wall-hung, and designed to hold oil, antifreeze, and cleanup equipment. Below it is the tool cart, complete with flip-u that serves as a work top open. On the right is storag tires and tune-up gear. A you're more mechanic than netmaker, don't give it a th —the construction is all jointed ¾-inch plywood.

Finish by sealing with a er, then paint with enamel.

Better Homes and Garden Project Plan No. 4311-4. T order please see page 13

If you think Sara Lee only akes great Pound Cake, try these ree simple experiments.



Old fashioned Pumpkin Pie. Right down to the egg custard.

If some pumpkin pies don't taste as good as you remember, perhaps it's because the baker forgot the egg custard. But, Sara Lee didn't forget.

This is a good, honest pie. No preservatives. No artificial flavors or colors. Just lots of pure pumpkin, spices, plus honey and egg custard. It's only what you'd expect from Sara Lee.

New Homestyle Cupcakes. The secret is simple: real paper cups.

These are real, honest homestyle cupcakes. Baked in their own paper cups. That's important. It helps them stay fresh and moist without preservatives. Plus Sara Lee's butter-moist cake. And Sara Lee's own super-delicious icing.

So, now you can buy cupcakes as good and wholesome as the ones you make yourself. From Sara Lee.

Sara Lee Strawberry Cream Cheese Cake. We use the littlest strawberries we can find.

Big, plump strawberries do make a better picture. But tinier, sweeter strawberries taste better. That's why Sara Lee uses them. A fitting crown for our classic cheese cake recipe. Lots of real cream cheese, real ingredients. No preservatives. No artificial flavors.

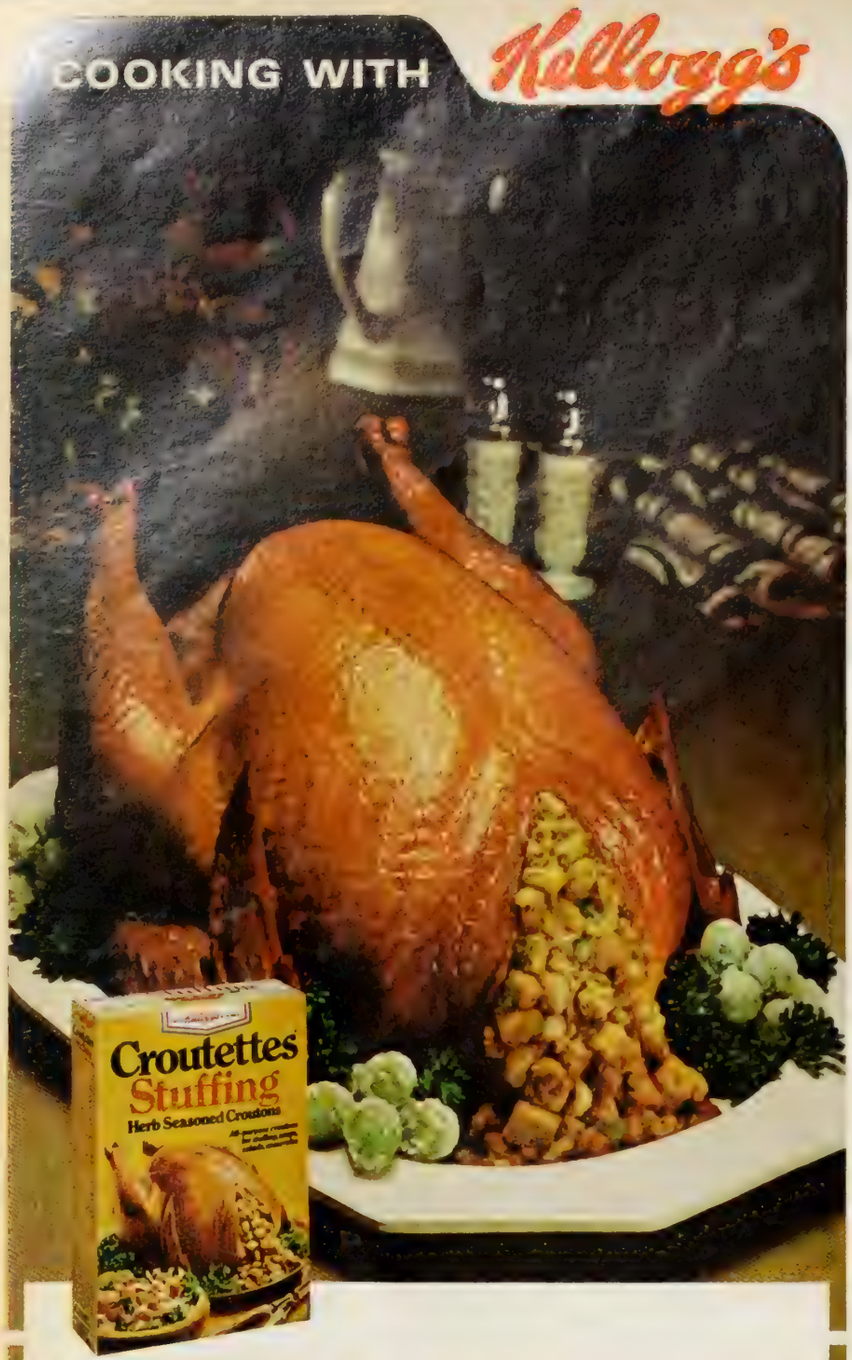
Honest Strawberry Cream Cheese Cake. It's not just another pretty picture.

Sara Lee®

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FAMILY FOOD IDEAS

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New Ideas

GOLDEN TREASURY OF COOKING

This remarkable new book has just been released, cor orating the sale of fifty million Better Homes and G Cook Books. In it, the editors have compiled 607 of Am most popular recipes from each of five decades (from t through the 70's), all re-tested and updated for today's ing methods. Remember City Chicken? Or S'Mores? T included along with other old-timers like President Roos Boiled Salmon with Egg Sauce and promising newcomers like Chilled Yogurt Soup and Sunflower Seed Bread. In addition to the recipes, you'll find page after page of nostalgia; including all the changes, from mechanical refrigeration to wartime rationing to microwave ovens, that have affected the ways we cooked the things we loved. $16.95, wherever books are sold.



DON'T THROW IT AWAY

by Vivian Abell



Crafts for the home, gifts and fun ing projects, all salvaged from away articles: that's the intriguin ject of this colorful new book Creative Home Library, publis association with Better Home Gardens. You can transform see useless items into decorative tre . . . for example, a meat grinder b a lamp base, egg shells are compos an original mosaic what-not-box, ordinary tuna fish ca be made into stunning Christmas tree ornaments or containers can be made into handbags. Includes details to use the techniques of decoupage, ceramics, collage, tive painting, china repair, gold leafing and scores o ideas. Just $7.95 wherever books are sold.

CHRISTMAS IDEAS/1973

This annual Idea Publication from Better Homes and G has become a Christmas tradition in some homes, and t issue is as full of great ideas as ever. Among this yea tures are tips for trimming the tree with everything fro to candy, new ideas for wreaths, creches, angels, mac gifts, package wraps and centerpieces. And, of course, itors have included some outstanding crafts for the sm including a Christmas village made from all size milk cartons, a dollhouse that grown-up girls will want to keep for themselves and many more. Using materials as splendid as fresh flowers, and as mundane as egg cartons, you'll find hundreds of imaginative ways to make Christmas merrier at your house this year with the help of Christmas Ideas. Just $1.50 at your newsstand now.



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Hawaii, the world.
more international
with other meat,
nd fish.
cipes are easy
o make, the
e hard for your
sist.

SKILLET BEEF ITALIANO 1 package (10 oz.) Birds Eye® Italian Style Vegetables • 3/4 lb. ground beef • 1 can (8 oz.) spaghetti sauce • 1/2 cup water • 1/8 teaspoon oregano

Brown ground beef in skillet, leaving meat in large chunks. Add spaghetti sauce, water, and oregano. Add vegetables. Bring to a full boil; separate vegetables and stir until sauce cubes are blended. Reduce heat, cover and simmer 3 minutes. Makes 3 servings. SEE COLUMN ON THIS PAGE FOR MORE RECIPES

GENERAL FOODS KITCHENS



WITH OUR VEGETABLES AND YOUR HAMBURGER WE CAN MAKE BEAUTIFUL DINNERS TOGETHER

MORE INTERNATIONAL DINNER RECIPES.

HAMBURGER CHOW MEIN. *3/4 lb. ground beef • 1 small onion, diced • 1-1/2 cups beef broth* • 1 tablespoon cornstarch • 1-1/2 teaspoons sugar • 1 tablespoon soy sauce • 1 package (10 oz.) Birds Eye® Chinese Style Vegetables with a Seasoned Sauce*

*Or use 1 beef bouillon cube dissolved in 1-1/2 cups boiling water.

Sauté ground beef and onion in skillet until meat is browned and onion is tender. Pour broth over meat. Mix cornstarch and sugar with soy sauce. Pour into skillet, add vegetables. Bring to full boil over medium heat, separating vegetables with fork; stir until sauce cubes are blended. Cover and simmer 3 minutes. Makes 3 servings.



CHICKEN SUKIYAKI. *3/4 teaspoon salt • 1/4 teaspoon sugar • 1 tablespoon white wine • 1 tablespoon soy sauce • 2 boned whole chicken breasts, cut in strips • 2 tablespoons salad oil • 1 bunch scallions, cut in 1 inch pieces • 1 package (10 oz.) Birds Eye® Japanese Style Vegetables with a Seasoned Sauce • 1/4 cup water*

Combine salt, sugar, wine, and soy sauce with chicken strips. Heat oil in skillet, add scallions and chicken mixture. Saute until chicken is just tender—about 5 minutes. Add vegetables and water; bring to full boil over medium heat, separating vegetables with fork, stir until sauce cubes are blended. Reduce heat; cover and simmer for 3 minutes. Makes 3 servings.



VIKING STYLE GROUND BEEF. *3/4 lb. ground beef • 1 teaspoon salt • 1 teaspoon onion powder • 3 tablespoons milk • 1 package (10 oz.) Birds Eye® Danish Style Vegetables with a Seasoned Sauce*

Combine beef, salt, and onion powder. Brown well in skillet. Add milk and vegetables. Bring to full boil over medium heat, separating vegetables with fork; stir until sauce cubes are blended. Reduce heat; cover and simmer 3 minutes. Makes 3 servings.



BAVARIAN FRANKFURTER. *3 medium cooked potatoes, sliced • 2 tablespoons butter or margarine • 1/2 lb. frankfurters, sliced • 2 tablespoons water • 1 package (10 oz.) Birds Eye® Bavarian Style Beans and Spaetzle with a Seasoned Sauce*

Brown potatoes in butter in skillet. Add frankfurters, water and vegetables. Bring to full boil over medium heat, separating beans with fork; stir until sauce cubes are blended. Reduce heat; cover and simmer 3 minutes. Makes 3 servings.



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Wear-Ever Registered combines old-fashioned quality, dependability, and performance with contemporary styling. Its thick, heavy gauge ensures even heat distribution for truly effective cooking. And long, dependable service.

Interiors are smooth, polished aluminum. Exteriors are genuine porcelain. Choice of avocado, harvest, or black.

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And there are eight durable pieces to the set.* At $39.95, it all adds up to an old-fashioned bargain. (Manufacturer's suggested open-stock price—$60.75.)

Eight-piece sets of Registered cookware are also available with Du Pont *Teflon II*® ($49.95) and *stainless steel* ($59.95) interiors.

*Eight-piece set with aluminum interiors pictured.



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How to order materi from the magazine





Quilt and pillow sham kits page 86

Quilt kits include precut cotton blend fabric and instructions for one quilt top. Pillow sham kit contains precut fabric and instructions for one 21x28-inch sham top. (Kits do not include batting, yarn, fabric border, or fabric backing.)

Pillow kits page 86

You can order our pillow kits in two sizes inches and 21x21 inch kit is available in a choice or schemes and include plete sewing instructions cut permanent press cotton ric for one pillow top.

House Plan #4311-A

Plans for the house shown on page 56 are available for $25. Package includes drawings, materials list, and specifications. Additional plans ordered at the same time are $7.50 each.

Project Plans pages 63 and

Plans for the following drawings and materials either single or bunk storage units; divider ing cart; garage storage tool chest.

Send order to:
Better Homes and Gardens,
Dept. 2Y2, P.O. Box 374,
Des Moines, Iowa 50336.

Please check how you wish plans sent		Project Plans
First Class:	One plan, add	$ 50
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☐ 4311-1 Single bed desk storage unit
☐ 4311-2 Bunk bed desk storage unit
☐ 4311-3 Divider and serving cart
☐ 4311-4 Garage storage unit with tool chest

☐ **Green/White/Black Print (featured)**

Single Quilt (About 60"x90")	No. 00395	$14.99 each; 2 for $2
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21"x21" Pillow Kit	No. 00400	$ 4.50 each; 2 for $
21"x28" Pillow Sham Kit	No. 00401	$ 5.50 each; 2 for $1

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King Quilt (About 105"x105")	No. 00405	$24.99 each; 2 for $4
14"x14" Pillow Kit	No. 00406	$ 3.50 each; 2 for $
21"x21" Pillow Kit	No. 00407	$ 4.50 each; 2 for $
21"x28" Pillow Sham Kit	No. 00408	$ 5.50 each; 2 for $1

☐ **No. 13909 New Crafts Catalog $.25 for postage and handling**

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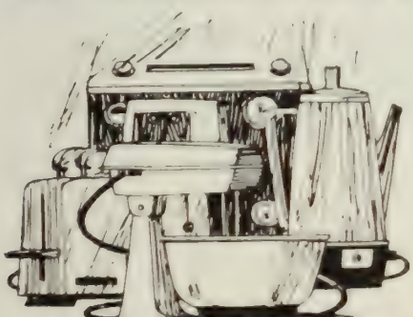
Any product that passes UL's safety tests deserves a medal.

The UL symbol on a product means the manufacturer cares about your safety by submitting his product to UL's impartial testing. UL's engineers put the product through normal-use tests, and tests far more rigorous. They want to determine if it is adequately safeguarded against electric shock, fire and casualty hazards. If a product meets our standards it deserves the right to wear our symbol.

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UL examines and tests products and systems in these six areas.



Electrical. All types of appliances and lighting equipment for home, school, business and industry, as well as electrical construction equipment . . . wire, conduit, switches, fuse boxes.

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Casualty and Chemical Hazards. Safety cans, ladders, and gasoline pumps, are just a few of the products and materials tested and evaluated in this area.





Marine. UL evaluates life preservers, boat electrical systems, marine fire extinguishers and other products relating to pleasure boat safety.

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Every good cook has to start somewhere.

For her, there's no thrill quite like when she bakes that first Betty Crocker chocolate cake in her Easy-Bake Oven.

More than all the fun she'll have, Easy-Bake is a great way for her to create love in warm little bites.

Easy-Bake has built-in safety features, is U. L. approved and bakes with two ordinary light bulbs. And comes with real Betty Crocker mixes.

Easy-Bake. Because she'll love it.

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Help fade them with Esoterica.* Makes your skin look years younger.

*Weathered age spots on your hands and face tell the world you're getting old—perhaps before you really are. Now, help fade them with ESOTERICA, the medicated cream. Not a cover-up, ESOTERICA actually goes into the skin where it works in the pigment-forming cells to help make your skin look lighter and younger again.

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PETS DOUGLAS M. LIDSTER

HEART DISEASE A THREAT TO PETS, TOO



Does your pet have a persistent cough, although he seems to enjoy good health otherwise? Does he tire more easily than he used to? Has he ever fainted, and then recovered in a few seconds with no apparent ill effects? Is your dog getting what appears to be a middle-age spread?

These seemingly innocent signs may indicate the presence of some form of heart disease in your pet. While cardiovascular disease is not as common in pets as in humans, it strikes dogs frequently, and sometimes fatally.

Approximately one out of ten dogs is found to have some form of heart abnormality—ranging in seriousness from a congenital murmur that may not affect the animal at all to severe congestive heart failure. Cats, by contrast, are rarely affected by heart disorders. Clinical studies show that only one cat in 1,000 has heart disease.

Studies indicate that certain types of heart disease occur more commonly in certain breeds of dogs, and in some cases one sex is more affected than the other. For example, chronic heart valve and muscle disease occurs significantly more often in male cocker spaniels than in other dogs. Heart tumors occur almost exclusively in boxers and other brachycephalic breeds (dogs with snub noses).

But any dog may develop a heart condition. And the older the animal, the greater the incidence of acquired heart disease.

Why? Compare the heart to the engine of a car. Over a period of time an engine's valves may begin to leak, or open and close imperfectly, or accumulate waste materials and debris. The structural components of the engine may weaken due to normal usage or improper maintenance. The engine may begin to sputte deteriorate. Much the same can happen to the living he

To detect heart disease dog, your veterinarian u number of diagnostic ai stethoscope reveals many abnormalities. But even th sence of any abnormal a heart sounds or murmurs guarantee that heart disease not exist. For that reason, el cardiographs (ECG) and X are used on pets as well as p for diagnosis.

You yourself can detect of the most common sig heart disease. Here are the s toms to watch for:

- *Shortness of breath.* means the heart isn't pum efficiently; the results can b monary congestion and a la oxygen distribution when th is excited or active.
- *Cough.* Congestion of the causes an irritation and sequent cough.
- *A pendulous abdomen.* proper circulation causes normally confined within blood vessels to escape to tissues and accumulate.
- *Swelling of the limbs.* Imp circulation results in fluid r tion within the legs and feet.
- *Tongue discoloration.* A b tongue indicates that not en oxygen is being carried to all of the body. Oxygen-rich blo normally red in color, while gen-deprived blood is blue.
- *Fatigue and weakness.* circulation of oxygen may causing your dog's malaise.

None of these symptom proof positive that your dog heart disease. They may caused by other conditions involving the heart. The only to get a valid diagnosis is to sult your veterinarian.

continued on page 152

Can you tell which is hamburger and which is Top Choice®?





Top Choice® Chopped Burger For Dogs looks so much like hamburger it's hard to tell the difference.

It's so moist and meaty it even holds together just like hamburger.

What's more, it's made with beef by-products and real beef. Plus all the vitamins, minerals and vegetable protein for the complete nutrition hamburger doesn't have.

Top Choice Chopped Burger For Dogs?

Or hamburger?

We think the choice is simple. Oh, and by the way, it's Top Choice on the left.

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begins on page 127

Cranberry salads

Prepare topping mix accordin package directions; fold cranberry mixture. Pour cran ry mixture into 9x9x2-inch freeze firm. To serve, cu squares; place on lettuce-l plates. Makes 9 servings.



TURKEY CRANBERRY ASPIC
Rolls and butter curls go with this main-dish salad—

1 envelope unflavored gelatin
⅓ cup cranberry juice cocktail
1 16-ounce can (2 cups) whole cranberry sauce
½ cup mayonnaise or salad dressing
½ cup whipping cream
½ cup chopped celery
6 slices cooked turkey, cut ¼ inch thick

• • •

1½ teaspoons unflavored gelat
1½ cups clear chicken broth
1 drop yellow food coloring
Lettuce

Soften the 1 envelope gelatin the cranberry juice; stir over heat till gelatin is dissolved. Br up cranberry sauce with a fo Stir in dissolved gelatin. Blend mayonnaise. Whip cream just soft peaks. Fold into gelatin m ture with celery. Pour into 9x9 inch pan. Chill till almost fi Carefully place turkey slices a almost firm gelatin, trimming necessary to fit.

Meanwhile, soften the 1½ t spoons gelatin in chicken bro stir over low heat till gelatin dissolved. Add food colori Cool. Carefully pour clear ge tin mixture over and around t key slices. Chill till firm. To ser cut in 6 pieces and serve on l tuce, if desired. Makes 6 servin

begins on page 50

HOUSEPLANT HOW-TO

Propagation is easy. Take cuttings in spring or early summer, wash off the milky sap, and set cuttings aside to dry for two or three days. Then insert them in coarse sand or perlite. Avoid getting sap in open cuts or in your mouth or eyes.

Which plant for which exposure?

If you have a sunny south window, what plants will thrive there? If you have a shaded north window, what will do well there?

Some plants that normally prefer some shade or filtered light can take the full, weaker sun of winter. Azaleas, impatiens, coleus, and gardenias will thrive in the bright light, but you must provide plenty of water. If you don't, the plants will wilt and leaves will drop. If you're not able to maintain a regular watering schedule, grow plants that are more drought-resistant: jade plant, hoya, and most any of the succulents and cactus.

For a dim north window, try Chinese evergreen, including the handsome variegated forms, philodendron, aspidistra, ferns, or grape ivy. All of these, except the ferns, can manage with one good watering a week, unless they're in very tiny pots that dry out quickly because of the small soil mass.



Croton's a solo performer

It's so high-keyed with color that other plants pale into insignificance. The croton shown is splotched, spotted, and streaked green, red, pink, yellow, black, and also has flushes of orange; no two leaves are alike. For the best effect, keep this spectacular show-off by itself.

If crotons don't get strong light—even full sun—for half a day, leaves will turn all green, still beautiful but not unusual. However, as the sun becomes stronger, or when you can put your plant outdoors again, the full coloration will return.

Crotons like a moist soil. They react adversely to very hot, dry conditions and may drop their leaves. So try to provide as much humidity as possible.



You can propagate crotons by top cuttings or air layering

Here's an easy way to water

Double-potting is the answer for people who are forgetful.

All this amounts to is setting a plant in a pot two sizes larger and lining the space between the pots with sphagnum moss. Keep the moss moist by soaking it once a week so the moisture will seep through the wall of the pot containing the plant. This provides even moisture that helps keep plants healthy. It is an especially good technique to use with large plants, which are difficult to water thoroughly from the top.

Sphagnum moss is an ideal double-potting medium because it retains moisture so easily. It's also easy to resoak if you happen to let it dry out. Peat moss is all right, if you begin with it moist and manage to keep it that way. If you let it dry out, it's hard to soak again.

If you can't double-pot all your plants, simply water them when they need it. They'll let you know—some quicker than others. When a healthy plant starts to droop or wither, you know definitely that it needs water. However, you shouldn't always wait for a plant to wither. The drooping-recovering procedure is trying, and your plant's health will soon suffer. Get to know the feel of the leaves of your plants. They should be firm no matter how thin they are. When you feel a slight softness, this signals impending drooping. Water well. ■



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CRUISING: STRAIGHT ANSWERS TO A FIRST-TIMER'S QUESTIONS

By Gordon G. Greer

Unless you have a firsthand acquaintance with ocean cruises, what you visualize about them is probably steeped in misconceptions—beginning with the image, inspired by old movies, of a passenger list monopolized by supremely rich sophisticates, most of them members of the geriatric set, who spend their days sprawled in deck chairs nibbling cucumber sandwiches and their nights in wild abandonment to the frenzy of a waltz. That Hollywood version of good times at sea, a world of dreary people forever parading their formal wardrobes, is largely a thing of the past. Modern shipboard society is more vibrant and casual, and enormously more democratic. Students now share the discotheque with business tycoons, and housewives practice their golf swings next to dowagers. The attendance of young travelers is no longer discouraged. Many ships now boast facilities to lure families with children, and some cruises cater specifically to the under-30 crowd.

In short, what was once considered the exclusive realm of the privileged classes has opened its doors to the citizenry at large, and most newcomers find it delightful. They discover that a well-planned vacation at sea can be healthy for the body, uplifting for the soul, relaxing for the mind, and sheer heaven for the palate.

Does this mean that cruises are for everyone? No. First-timers are occasionally bored stiff or disappointed and vow never to try it again. Some of them are simply not cut out to go cruising; they see nothing at all to a vacation on the ocean except "sitting out there on the water." But more often they've just selected the wrong ship or wrong itinerary, or they come aboard knowing little about what to expect and don't really learn what's happening until the trip is almost over.

If your family is considering a vacation at sea, answers to some of the questions most frequently asked can help you avoid the most common mistakes and add enjoyment to your voyage.

To begin with, what's the primary appeal of ocean cruises?

For one thing, total freedom from the logistical chores that often erode the joys of landlocked holidays. For instance, at sea you're not constantly unpacking and packing suitcases. You don't have to worry about finding hotel rooms. Noontimes aren't spoiled by fruitless searches for clean restaurants. And, above all, you can travel between appealing destinations without spending long, hot hours behind the wheel in a car filled with restless children—or strapped in the seat of an airplane. On a cruise ship you have 24 hours every day to pursue whatever pleasure suits your fancy. If you want, you can indulge in lazy days just soaking up sun and wallowing in the joy of being physically removed from the workaday world's usual headaches. This sense of liberation and serenity at sea is, for many travelers, the strongest lure of all—topping even the surfeit of superlative food and the invigorating, smog-free sea air. On the other hand, if you prefer a more active vacation, you're invited to participate in the plethora of shipboard diversions.

How about an example of a typical day's activities for passengers at sea?

Well, on a recent cruise of P&O's new *Spirit of London,* the schedule of events that's printed up every morning and slipped at an early hour beneath the door of each cabin included the following items:

7:00 a.m.	Mass
10:00 a.m.	Keep Fit classes
10:00 a.m.	Cartoon show for kids
10:15 a.m.	Visit to the bridge
10:30 a.m.	Golf clinic on deck
10:30 a.m.	Lecture on playing bridge
10:30 a.m.	Shuffleboard tournament
10:45 a.m.	Sewing circle
11:00 a.m.	Ice cream treat and coloring contest for children
11:00 a.m.	Slide-illuminated lecture about the next port of call
11:30 a.m.	Daily mileage pool
11:45 a.m.	"Unattached" party for passengers traveling alone
11:45 a.m.	Singalong with Ronnie
2:30 p.m.	Professional golf instruction
2:30 p.m.	Duplicate bridge tournament
3:00 p.m.	Aquatic contests for kids
4:00 p.m.	Teatime, with live piano music
4:15 p.m.	Jackpot Bingo
5:00 p.m.	Dance class with music by the Derek Wood Quintet
5:30 p.m.	Happy hour music by the Brian Bramwell Trio
6:00 p.m.	Party charades for late-sitting diners (repeated at 8:15 for early-sitting diners)
7:00 p.m.	Cocktail Capers with the Brian Bramwell Trio
7:45 p.m.	Full-length movie for early-sitting diners (another showing at 10:00 p.m.)



8:00 p.m.	Dancing to the Derek Wood Quintet
8:30 p.m.	The After Eight Show with Rosita and her Caballeros
9:30 p.m.	London Pub Night, an informal evening of storytelling, singing, and "party pieces" by passengers and cruise staff
9:30 p.m.	Duplicate bridge
9:30 p.m.	Dancing to the Brian Bramwell Trio
11:00 p.m.	The Late Club, with music by Carlos and Rosita
Midnight	Cabaret Showtime, starring Los Roquets . . . then dancing till the "wee small hours."

In addition to this lineup of scheduled activity, passengers have daylong access to shipboard facilities for table tennis, deck quoits, shuffleboard, swimming, sauna baths, game rooms, beauty parlors, shops—all this on a ship, mind you, that's relatively small, just 17,000 tons. On larger ships, the passengers have even more diversions.

Despite the fun and games, isn't boredom a big problem?

It can be for some people, yes. In the hectic age we live in, a certain part of the population grows bored with almost *any*thing after two or three days—not excepting even the ocean. On a cruise around the world even a week in the Caribbean, such pe might think they're going mad with en For them, fortunately, there are sh duration cruises that last only two or t days—from Los Angeles to Ensenada back, for example, or so-called "p cruises" or "cruises to nowhere," on w the ship, once it loses sight of land, turns in a lazy circle. If in your own you think boredom at sea might be a p lem, you'd be wise to try one of these m voyages first. Maybe you're the rare per who will indeed get bored—in which c you've learned something at the cost of one weekend. Chances are greater, h ever, that time will go too fast and you'll cide to make your second cruise longer.

Is the popular image of the cruise direc accurate—a relentlessly cheerful char ter who keeps bugging you to join the f

He and his staff exude cheerfulness, right, but they never make pests of the selves. No one's going to goad you into gaging in activities that, let's face it, sometimes astonishingly mindless. Mak hats out of crepe paper for party night, instance—if you don't dig that sort of thi it's absolutely dreadful. Or dice-horse r ing, in which grown men and women get



over the progress of wooden Secre-
. If you consider it a greater source of
ctual stimulation to read a book, say,
swimming, or fall asleep in the sun, the
staff will let you alone.

**st-timers often make fools of them-
by committing social gaffes?**

easiness about protocol is very com-
out unwarranted. The first time you
the ship's dining room, for instance,
on't be confronted by 17 forks and a
ul of socialites awaiting your wrong
so they can gasp their disapproval in
. The mood on today's cruise ships
xed and informal, and those travelers
stern dignity may at first put you off
obably be the ones wearing the silliest
1 party night. Passengers who on shore
live very rigid, sober lives often shuck their inhibitions during days spent at sea and act amazingly like six-year-olds. And conversely, many children, when taken on a cruise, act so grown-up they astonish their parents. In short, there's no reason for first-timers to feel nervous. Your grasp of social etiquette is not being graded, your right to take a cruise is just as great as anyone else's, and nothing is likely to occur on board ship that common sense can't handle.

Is seasickness among first-timers still a big problem?

About half as big as it used to be. Stabilizers—stubby "wings" that protrude beneath the surface—minimize the side-to-side rolling of modern cruise ships, which leaves only the pitching of the bow in rough weather as a cause of queasy stomachs. Pills help, and the ship's doctor keeps an adequate supply handy, but smooth water is of course the only guaranteed deterrent. That's one reason most cruise ships confine their excursions to waters where calm weather predominates.

How much do ocean cruises cost?

From a minimum of $95 per person for some three-day voyages between Florida and the Bahamas to more than $20,000 for an around-the-world voyage in the plushest accommodations on the *Queen Elizabeth 2* or the *France*. Realistically, you can figure on a range of between $30 and $100 per day per person, with the average around $50 or $60. The determining factors are the ship you select, the size and location of your cabin, the time of year, and the itinerary of your particular cruise. If the cost of the ticket seems high at first, remember what all it covers.

What all *does* the basic fare cover?

Your room, all meals, shipboard entertainment, transportation of course, and unlimited use of all recreational facilities. Some ships—Paquet's *Mermoz* and *Renaissance,* for instance—even include complimentary wine at lunch and dinner. The only things *not* covered—which is an easier way to look at it—are liquor (cheap on ships because no taxes are imposed), gifts or incidentals you might buy aboard ship, port taxes, and, naturally, whatever you spend at ports of call. On some ships, even shore excursions are included in the fare, but this is the exception, not the rule.

What about tipping?

On some ships—those operated by Holland-America Cruises—gratuities are not required, so you needn't cough up a penny. On others, you're expected to tip only two people: your dining room waiter and your room steward. From $1 to $2 per passenger per day is the customary amount for each on short cruises. The traditional procedure is to present it in an envelope the day before the end of the cruise. (On longer cruises, you're supposed to tip at periodic intervals, weekly or on evenings before you reach a port of call.) Bartenders, as on shore, would like at least ten percent of the cost of any drinks you might buy from them. Tipping the ship's captain or purser or cruise director is not only unnecessary but downright uncouth.

On a "one-class" ship, does everyone pay the same price?

Not at all. The difference between minimum and maximum prices may be enormous, sometimes several hundred percent, but only because of differences in cabin accommodations. "One-class" means that otherwise all passengers are treated as equals. On the other kind of ship—a small minority these days, restricted to those traveling between America and Europe—"first-class" passengers and "tourist-class" passengers may never lay eyes on each other. They inhabit different decks or different sections of the ship, take their meals in separate dining rooms, relax in separate lounges, watch movies in separate theaters or at least at separate times, and go swimming in separate pools. Incidentally, one-class ships are often called by other names: "all first class" or "classless," for instance.

Why so much difference between minimum and maximum prices?

Because most ships, in addition to the average accommodations that constitute the overwhelming majority of their cabins, have a handful of exceptionally spacious or luxurious quarters and another small handful of budget rooms. The price range reflects the considerable difference between these two. And it's worth noting that rooms at either end of the rate scale, particularly those at the lower end, are usually the first to be sold.

Which is preferable, an outside cabin or an inside?

Intrinsically, an outside cabin is considered more desirable, simply because of its porthole and view of the ocean, which obviously an inside room lacks. Otherwise, the two may be exactly the same—except for the difference in price, of course, in which respect the inside room is preferable. And since most passengers spend very little time in their cabins anyhow, an inside room is no great liability. On some ships, the choice never has to be confronted because all of the rooms are outside.

Is that the only difference between different priced "average" rooms—whether it's an inside or outside?

Sometimes, or the price distinction could be based on other factors—a slight difference in the size of the rooms, for example, or their comparative location on the ship, or whether the room has two lower beds or an upper and a lower. Vertically, different decks are more desirable than others—the higher the more expensive is the general rule—and laterally, a location near the center of the ship is where any pitching motion is least noticeable.

Are the prices quoted in advertisements per person or per room?

In small type—sometimes exceedingly small type—most ads say that the rates are "per person, double occupancy," or slightly different words to that effect. This means that the quoted rates are for *each* of two passengers sharing a double room.

Does that mean people traveling alone have to pay double, or what?

No, single rooms are available, too—considerably more of them on some ships than others—or passengers on their own can share quarters and split the cost. The cruise line will sometimes help you find a compatible roommate if you don't have a friend going along to double up with.

Do all rooms come with a private bath?

Not on every cruise ship, no. On a few of the older vessels, a fair percentage of the cabins have facilities down the hall. These rooms are naturally priced at the bottom of the scale, and for that reason are often in high demand. On all the newer vessels, though, you'll have your own bathroom. Typically, it will be equipped with a toilet, sink, and shower, although some rooms have bathtubs as well.

Are there reduced fares for children?

On most cruises, yes. Each line has its own policy, however, so you have to shop around rather carefully. Typically, any child under 12 can go half fare if accompanied by a grown-up who pays the full fare. But a number of innovations have recently been tested that could perhaps save you even more money. On some of the summer cruises offered by Chandris Lines, for instance, kids are charged a flat $1 a day for each year of their age to a maximum of 14. And a couple taking a week's cruise to Bermuda on Cunard's *Ambassador* can bring one child free of charge and a second for just $50 during certain specified off-season periods.

What about youth fares?

Some ships have those, too. On Carnival Cruise Line's *Mardi Gras,* four friends who share a room (confirmed reservations, ages 16 to 26) are charged $80 less than a minimum-fare adult. And a few discount plans involve no age restrictions at all. Norwegian Caribbean Line's "Clan Plan," for instance, which is offered on a number of two-week cruises from Miami, charges the third and fourth passengers in a room, whatever their ages, a flat $10 a day. And Princess Cruises' "Share-Fare" plan assesses third and fourth roommates an even $100 for its fall trips to Mexico.

Basically, what are air/sea cruises?

They're trips designed to give you a lot of pleasure on the water for the lowest possible price. One way they can add to your enjoyment, for example, is by transporting you quickly to some warm-water area where you can spend your whole vacation, start to finish, with your shirt off. Say you live up North and want to cruise the Caribbean in hopes of relieving the midwinter blahs. Instead of boarding a ship in New York and heading south—and enduring many a bone-chilling hour en route—you fly down to Florida, say, board a ship there, and escape the winter winds farther north. Or maybe the cruise lasts longer than the time you have available. So you fly to meet the ship at one of its scheduled ports of call and/or leave it before its return and fly back home. Or the ship may sail exclusively in foreign waters, which requires an overseas flight before you catch it.

So air/sea combinations are more expensive than normal cruises?

Usually, but almost certainly less expensive than you'd think—because the co
nation entitles you to special package r
For example, if you cruise the Carib
for a week on Sitmar's *Fairwind*—it
each Saturday evening from Port E
glades, Florida—and if you make it an
sea holiday by flying down from New
City, the total cost of your ticket, inclu
a round trip by jet, is only $20 more
the regular cruise fare alone. Most
cruise lines offer similar deals from a va
of American cities. Royal Caribbean C
Line, for instance, will fly you to and
Miami for a Caribbean journey on or
its cruise ships—the *Nordic Prince,* the
Viking, and the *Song of Norway*—fo
little as $20 plus cruise fare from Chi
or $50 plus cruise fare from Los Ang



How much baggage is each passe allowed?

Usually between 200 and 350 pou
but that's much too much to take alon
short cruises—primarily because c
space is always at a premium, with gene
one small closet per person in each roon
other words, you won't have space to
that amount. The best rule to follow, a
any vacation, is to take as little luggag
you can comfortably get by on. Wash-
wear clothes are a godsend, of course.



at kind of clothes should you take ng on a cruise?

Cruise ships in the daytime are complete- informal, with slacks, shorts, and swim- ng suits standard for both sexes, although ne women, of course, prefer dresses. er 6 p.m., especially in the restaurant l public rooms, men are usually asked wear a jacket and tie. (The rule isn't rigid- enforced, however, and if you're vehe- ntly opposed to dressing up on your va- ion, you won't be marched at gunpoint the gangplank.) "Formal" evenings, ich are always announced in advance in ship's newspaper, are nothing to get rmed about if you lack a fancy gown or edo. A cocktail dress or pants suit—or a business suit for men—suffices and won't raise any eyebrows. Of course, if you enjoy getting all duded up, you'll find that lots of other passengers do too.

Are tables assigned in the dining room?

Yes. Except on those occasions when open seating is announced—often when the ship is in port, for example—you eat with the same people each meal.

How are seating arrangements made?

A couple weeks prior to the scheduled departure of most voyages, the cruise line mails you a form to fill out and return. On it, you note your preference for first or second seating (assuming, as is usually the case, that not everyone can be served at once); the names of other passengers you might like to share a table with (two couples traveling together might want a table for four, for instance); whether children in your party will be eating with the grown-ups or should be assigned to the special children's table (where meals may be served at an earlier hour); any dietary rules by which the passenger abides; and whatever other comments seem appropriate. The maitre d' then matches these various requests to the restaurant's seating plan as best he is able, and each passenger is given a table number when he or she comes aboard ship. (On very short cruises, you might make your seating request at embarkation time, not in advance.)

Which seating is more desirable, the first or the second?

The late seating is more popular, considered more chic, and it allows you to spend an extra hour or so on deck before you have to go and dress for dinner. On the other hand, if you're accustomed to earlier meals, your stomach will probably vote for the first seating. And the early seating is often better for families with children. Typically, breakfast seatings are at 8 and 9 a.m., luncheon at 12:15 and 1:30, dinner at 6:30 and 8. There's no assigned seating for midnight buffets or for the snacks often offered between meals.

What if you don't hit it off with your assigned table mates?

Sometimes that happens, but what more frequently occurs is that you make new friends you'd like to share your meals with. In either case, the maitre d', if you explain the situation, can usually make appropriate reassignments.

How long do you stay at each port of call?

Usually one day on short cruises, sometimes two. Often the ship docks around breakfast time, then sails again at midnight. If you dock after noon, you'll probably stay overnight, perhaps sailing around noon the next day. Longer cruises stop at major ports for several days.

What do you *do* when the ship is in port?

Whatever your heart desires. Many passengers start off by taking a guided group tour—usually three or four hours for from three to 20 dollars (the higher price for after-dark dinner-and-nightclub tours), with tickets sold on board before your arrival—to see the highlights and get the lay of the land. Later they can return by themselves to favorite places and explore them at greater leisure. Anyone who dislikes group sightseeing tours, or who is already familiar with the port from previous visits, might go shopping or swimming or perhaps rent a bike or just poke around the city on foot. Some people, of course, like to stay on board in port, claiming that the best time of all on a cruise



ship is when most of the other passengers are off it.

Which is the better choice, a large cruise ship or a small one?

Each has its advantages and each has its drawbacks. A big ship—like the *QE2*, which can carry 1,610 passengers—boasts a correspondingly large variety of on-board activities, a cuisine more elaborate than most small ships can offer, and, not to be laughed at, convenient escape from fellow passengers you may wish to avoid. (One bore, if you can't shake him—and on small ships it's often hard—can singlehandedly spoil your whole journey.) But in port the rule of thumb is the smaller the ship the better; a large number of tourists, unloaded all at once, can overcrowd a town and crush its charm. On some of the newer ships designed specifically for cruising, attempts have been made to keep the passenger list small but to make the public rooms more spacious than is normal on small vessels and to expand the activities.

What does the term "public rooms" mean?

Dining rooms, theaters, nightclubs, lounges, game rooms, snack bars, casinos, gyms—any room where passengers can congregate. Ships whose public rooms are especially numerous or large are considered to have an advantage over their competitors.

What difference does the nationality of the ship make, if any?

Mostly, it's a matter of ambience. Some cruise lines try to re-create a national flavor to lure customers with ethnic ties or a special fondness for some country. If you're either an anglophile or a francophile, for instance, you'd probably enjoy the proudly British P&O cruise ships, where tea is served promptly at four each afternoon, or the French Line, which makes a big thing of its French food and wine. But most ships turn out to be a tossed salad of nationalities. The engine room crew may be recruited from one country, the catering and housekeeping crews from another, while the ship itself flies the flag of yet a third. Commodore Cruise Line's *Boheme* is an excellent illustration. Although she's registered in West Germany and flies that nation's flag, the ship is Swedish owned, operated by an American company, has a Spanish and Italian service staff, and a French decor and flavor. Even lines traditionally identified with one country are usually hybrids—P&O, for example, whose dining room waiters are predominantly Goanese, not English.

Does this mix of nationalities ever lead to language problems?

More frequently than many first-timers anticipate. On a cruise where most of the passengers are from English-speaking countries, almost all the ship's officers will be fluent in English, but the waiters' and room stewards' command of the language often ranges from imperfect to nonexistent. Of course, this is in keeping with the notion that an ocean cruise is like a trip to a foreign country.

What if you prefer an American ship?

There are still some operating, but not very many. The only true cruise ships that fly the stars and stripes are Pacific Far East Line's *Mariposa* and *Monterey*. All the other American-owned ships you can sail on are cargo liners that also carry freight. The passenger list is usually restricted to 12 people (if any more than that, law requires that a doctor be on board) or, on Prudential-Grace Line ships, to 80. Traveling by cargo liner can be an enjoyable adventure, and relatively easy on your pocketbook, but very different from a traditional cruise.

Are there laundry or dry cleaning facil on board?

Laundry facilities, usually; dry clean usually not—except on some of the la ships. A few of the newer ships have c operated machines, but more typically y laundry must be given to your room stew who'll need two or three days to retur

Is communication maintained with the of the world?

Constantly—by radio, wireless teleph and telegraph. News items and sports sc and the closing stock quotations are po on the bulletin board each morning and en periodically over the sound systen your cabin. If you feel a sudden hanke to talk to friends back home, a teleph call can be placed in a few minutes at prisingly little expense. A three-minute to Chicago, for example, from a ship cr ing Mexico's western coast, can set back less than $5.

Whom do you take any problems to?

The purser, unless your difficulty is a ing room matter, in which case the ma d' is your man. The purser, whose basic is the care and handling of the passeng combines the various functions of a h manager, housemother, troubleshooter, c cierge, and host.

What about physical ailments at sea?

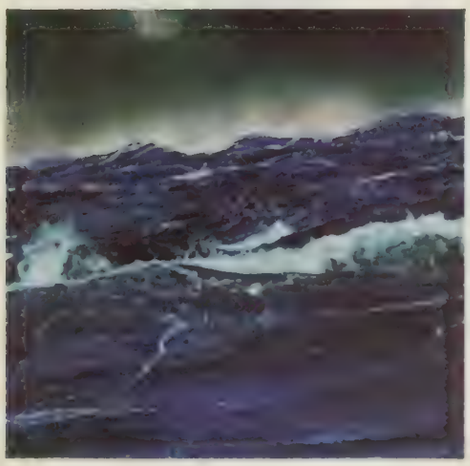
The law requires a doctor to be pres on all cruise ships, and there's usuall small hospital where he can cope with m emergencies, by treating them on the spot if elaborate care is needed—major surg let's say, for which no ship has proper fa ties—by keeping the patient comforta until the next port of call. Naturally, spe medical services aren't covered by the f you'll be billed for the appropriate amou

Are church services held on ocean cruis

On some ships, the captain conducts terdenominational services, and particul ly around Christmas or Easter or Passove clergyman will almost always be on ha

continued on page 149

Who made the difference between oil that's waiting, and oil that's ready and waiting?



The North Sea. Treacherous. And violent. Beneath it, millions of barrels of crude oil—desperately needed to help solve the world shortage. Finding it was one thing. But getting it out is another. Frequent storms churn the North Sea and make it impossible for tankers to load. So the oil must wait.



Ekofisk One. A million barrel oil storage tank that enables production to continue in any weather. From the bottom of the North Sea, it reaches 36 stories—130 feet above the water.

Ekofisk One is built to withstand any storm. And it can store all the oil produced until the weather lifts and tankers can load safely.

Who was instrumental in the development of this million barrel marvel? The same company that makes fine products for your car.

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PHILLIPS 66

The Performance Company

TRAVEL WEST

Tony Swan, Western Travel Editor

An insider's guide to family vacation adventures for readers who live in the Rocky Mountain territory or Far West

Picking a ski package

The number of vacation packages dangling on the travel tree is legion. There are packages designed to take you to practically any spot on the globe from Afghanistan to Zambia, feed you, house you, show you around, and bring you home again. The growing popularity of vacation packages can be directly attributed to the substantial economies they often provide, but other considerations are the convenience of one-stop shopping, assurances of hard-to-get reservations, and knowing in advance (usually paying in advance too) just exactly how much the vacation will cost.

All of the above, of course, applies to ski vacation packages as well, and this year there will be more available than ever before. The only problem is that *all* of the above does not *always* apply to *all* ski vacation packages. Actually, some packages provide only lift tickets and lessons, others include lodging but no meals, or maybe two meals, or occasionally three. Some take care of all your transportation needs—air or train, local transfer, and even shuttle service from lodging to lift—while others provide only for the long-distance portion. Indeed, when you start looking at ski packages, you'll find yourself gazing at a veritable maze.

However, if you're interested in a family skiing vacation this winter—a real skiing vacation rather than a day trip or a weekend trek to a nearby area—you should take a look at the packages. Chances are good that there's one that will give you what you want and probably cut the costs somewhat. Particularly important in a skiing vacation, you'll know just what it *is* going to cost you. The first time you take your family to the slopes can easily turn into a nightmare of cash flowing out faster than you ever thought possible.

Virtually every resort offers one or more packaged deals, traditionally referred to as Ski Weeks, which put several important ingredients under one overall price tag of varying sizes.



What does a package cover? Whatever its packager decrees. There is no pattern. Packages are put together by the ski area (the "mountain company"), the resort's association of lodge owners, the chamber of commerce, or, particularly for Europe, by a tour operator or ski club.

Because many people fly to the Rockies, and, of course, to Europe, the packages are often promoted by and sold through the airlines, even though the resort association or a tour operator actually did the arranging. United, Continental, and Western Airlines, particularly, have sizable ski programs focusing on the western mountains as do Northwest Orient, Frontier Airlines, Hughes Air West, and CP Air for the Canadian mountains. Airlines often dress up the Saturday flights skiers prefer by having ski magazines or snow reports on board, but non-package buyers get substantially the same in-flight service as the package clients. That, it should be pointed out, includes stowing your skis in the hold inside a free protective plastic bag, so bring along equipment you are already used to. (Ski boots? Pack them inside your suitcase or carry them aboard with you, but don't ship them unprotected.)

When an airline sells a Ski Week it is called an Inclusive Tour (IT), which is not "all inclusive" by anyone's standards but means rather that something other than air fare has been included in the price. Inclusive Tour also indicates that the tou is listed in the Consolidated Ai Tour Manual so that it can b ordered through any travel agen or an airline.

Why get involved with a car rier or travel agent? Because tha is the only way to qualify for "tour-basing fare" which ca cost 20 percent (Friday-Sunday to 40 percent (Monday-Thurs day) less than the regular econ omy tariff. The discount is earne by purchasing ground arrange ments along with your airlin ticket. (Usually IT fares do no apply during holiday periods. If you buy an identical ski pack age directly from the resort, yo forfeit the lower fare.

Be alert for situations in whic an airline is granted special sea sonal routes not normally part o their regular schedule. An exam ple is Western's "Skibird" flight between San Francisco and bot Sun Valley, Idaho and Gran Junction, Colorado.

Some of the best packag values available are affinity cha ters sponsored by a group lik a ski club, employee organiza tion, church group, or profes sional association. There is a stip ulation that you must have bee a member for six months to qual fy for a charter flight. If none o your organizations is ski and tra el minded, you might conside paying your dues this year in club that is so you'll be ready t share the bargains next year.

Amtrak offers ski package which can be booked throug Amtrak, a travel agent, or direc ly with the resort in Colorad Idaho, and Montana. Amtra also has family fares—the fir parent pays full fare, the secon two-thirds, children 12-21 pa two-thirds, children 5-11 on third, and those under five fre

You judge a ski travel packag the way you would any packag —not just by its price but by i contents. More ingredients is n necessarily better. If the deal i cludes five ski lessons, you inde save some money on each lesso but if you hate spending your v

More for your Travel Dollar! **See page D5 for a listing of free trave information and literature you can orde**

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J. H. SANDERS FORD
Clovis, 920 West Shaw, 93612
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Concord, 1881 Diamond Blvd., 94520
HOMER HELLER, INC.
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Napa, 300 Soscol Ave., 94558
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Redondo Beach, 1840 S. Pacific Hwy., 90277
WARREN-ANDERSON FORD
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Sacramento, 1535 Howe Ave., 95825
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Sacramento, 3701 Florin Road, 95823
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San Diego, 750 Camino Del Rio, 92110
ED CHOVANIS FORD, INC.
San Leandro, 1960 E. 14th St., 94578
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San Jose, 910 Capitol Expressway, 95125
AL CHENEY FORD
Santa Cruz, 1400 Capitola Ave., 95062
BISHOP-HANSEL FORD
Santa Rosa, 130 A Street, Box 810, 95401
GALPIN MOTORS, INC.
Sepulveda, 14505 Roscoe Blvd., 91343
EAGAL FORD SALES
Stockton, Main and Stanislaus, 95201
R.E. BARBER REC. CENTER
Ventura, 2101 E. Main St., 93003
SUNSET FORD
Westminster, 7140 Garden Grove, 92683

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How many days of skiing are included? Also, you might want to do some cross-country ski touring. Check into the possibility of substituting a day's lifts for a day's guided touring.

How many ski areas are included? Does it cost extra to visit more than one? Multiple area tickets, letting you sample several neighboring resorts, might cost more than a single-area ticket, but by providing a variety of slopes might increase the appeal of a lower priced destination.

How many lessons are included? Don't automatically dismiss lessons. You might find yourself skiing bigger hills and deeper

Where else can you ski to a chuck wagon?



Steamboat is the West . . . and you'll feel it the minute you arrive. And it's growin' like spring grass. There are 51 runs now, 8 double chair lifts, the comfortable Bell gondola and Steamboat's own champagne powder snow. It's dry and fluffy and there's lots of it. For more information on Steamboat skiing or condominium sales, write P.O. Box 1178, Steamboat Springs, Colorado 80477, or call 303-879-0488.

Steamboat's a comin'

TRAVEL WEST



snows than you are accustomed to. Maybe you can trade class lessons in for a few private lessons, or the services of a mountain guide. But don't count on it: find out in advance.

What extra features are included? Parties, welcome cocktails, and ski movies can be nice, but their dollar value is minimal.

Is transportation between the gateway airport and your hotel included? If not, how much will you have to pay extra? Will you need a rental car? Can you drop it off when you arrive? Is it possible to walk to the slopes and

evening activities from lodge or condominium?

If you are considering a dominium, what maid servic provided? Usually, pre-clea and post-cleaning are all th included in the price. Is the grocery store nearby?

What rates are set for child Some resorts deduct s amounts from the overall p age price for children unde -their lift tickets are usually than adult tickets but lod prices are often the same fo age groups.

What facilities are there children? Is there a nurser children's ski school? Do packaged "lessons" apply to facilities? If not, add child cost to the total price.

What isn't included? And much will you need for t items like taxes, tips, shuttle vice, lunches or other m baby-sitters, equipment re gasoline, and tolls?

Below is a sampling of s worthy package candidate give you an idea of costs. capsule includes a descriptio one typical package, though ally there are other pack available at the same resort well. Good sources for fu information on the many p ages available at scores of ski resorts are the airlines n tioned, Amtrak, a travel a or the resorts themselves.

Alpine Meadows, Califo is by reputation, a family sk mecca and the California f lies who frequent Alpine ter be adventurous, earnest sk For them, the management k adding lifts and trails, but needs of the less skilled served, too, with slopes thr

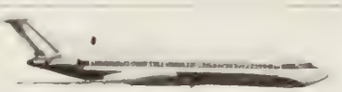
Ski West



No airline flies to more ski areas in the West than the Sundance Fleet of Hughes Airwest. For complete package and area information, mail this coupon to Ski Space Brochure, Hughes Airwest Tour Department San Francisco International Airport San Francisco, Calif. 94128
Come fly the Sun to the snow

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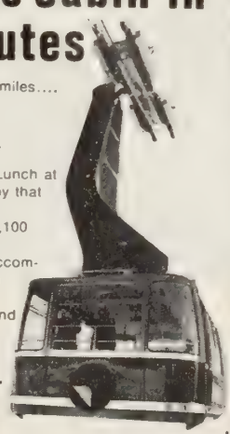
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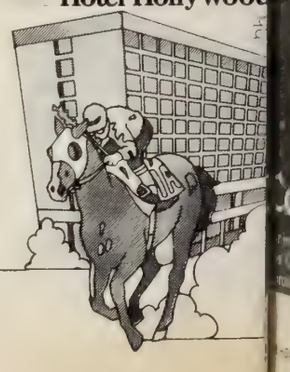
Hotel San Franciscan



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Between the racetrack and the Southern California's sports ar The wining and dining are go The cocktail lounge is the livel in town. In California, call PS free, (800) 262-1370. Out of st 421-2096. Or write for free bro 600 Ave of Champions, Inglewood,

Hotel Hollywood



d or completely tree-free in. Unlike some California dges, Alpine's base is orient- serving parents and kids. modestly priced whoopee, levada Casinos around Lake e are easily reached. For the vacationer can buy a day, multi-area High Sierra and spend time at Squaw y or other neighboring hills. e-day package, including this and a condominium that s four, costs $82 for each n at Alpine Place, near the s. Write Alpine Meadows, Box AM, Tahoe City, Cali- a 95730.

ount Bachelor, Oregon, is ntageously located in the le of the state, far from the seacoasts. Its bald white soars above the Deschutes nal Forest, a traditional



n for truly good skiers, and sser mortals who can use all elp they can get from this tain's dry, powder snow.

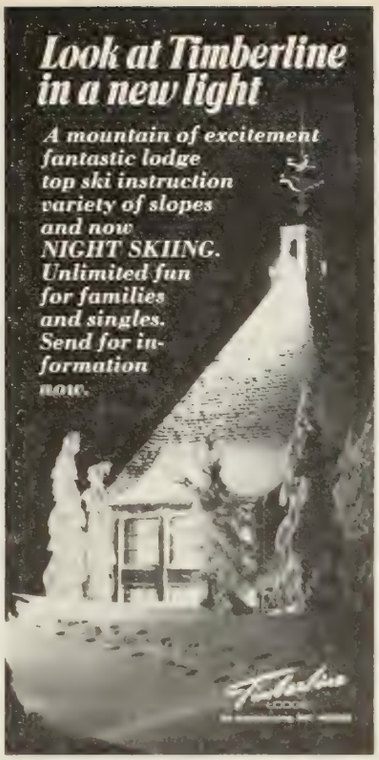
ers stay in condominium opments within 20 minutes' e bus ride or in motels in wn of Bend, 22 miles away. 's no nursery at the hill, but sitters can be arranged for nds. The Inn of the Seventh tain, closest to the slopes, ive-night, five-day lift pack- with breakfasts and free shuttle that runs $96 for each of four in housekeeping units. Mt. Bachelor Inc., P.O. Box 1207, Bend, Oregon 97701.

Northstar-at-Tahoe, California, is going into its second season. The village area consists of only about 250 condominium units and some shops (nearest grocery store—seven miles). Most of the condominiums are within walking distance of the base transport lift from which you ascend via a network of five chair lifts to reach the big, north-facing bowls of Mount Pluto. When it came to developing their slopes, the Northstar people did not start small. Even in phase one, this is a major intermediate paradise with terrain that can also interest the expert, or soothe the novice. If the nighttime silence gets deafening, the tinselly wonders of Lake Tahoe begin seven miles away.

From distant points, reach Northstar via Reno or San Francisco and then switch to a car. The basic five-day lifts and lodgings package runs $80-$100 for each of four occupants in the condominiums. Write Northstar-at-Tahoe, P.O. Box 129, Truckee, California 95734.

Timberline, Oregon, is primarily a mecca for discriminating but less than expert skiers. Despite the massive splendors of the summit, which dominate the entire area, little skiing is done up top during the main season. Below, night skiing is a major attraction. Timberline Lodge is a masterpiece of mountain architecture built by the W.P.A. during the Depression. It's handsome, it's comfortable, it's fun. The heated

➡



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Hotel Islandia



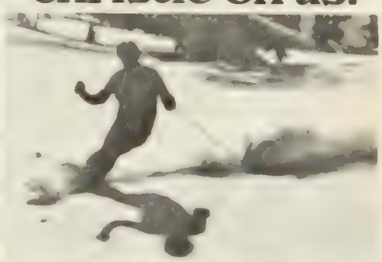


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TURN PAGE FOR INFORMATION ON HOW TO ORDER VACATION TRAVEL PLANNING LITERATURE



outdoor pool, Blue Ox Bar, and supervised (in the winter months) playroom are first-rate. The most popular package is five nights, MAP, and five lessons, but six full days of skiing, priced at $154.06, double occupancy. Write Timberline Lodge, Government Camp, Oregon 97028.

Whistler Mountain, British Columbia, only 70 miles from Vancouver, offers some of the most exhilarating ego skiing in the world, and some of the latest. Whistler has a day nursery at its base and a restaurant-bar. Lodges are scattered in the region and the condominium crop is growing nicely. Daman-Nelson, a San Francisco tour operator, has a seven-night lodging and five-day lift package to start at $212 complete with round-trip air fare from San Francisco. For information, write Whistler Mountain, Alta Lake, British Columbia, Canada, or Daman-Nelson, 115 Mission Street, San Francisco, California 94105.

Aspen, Colorado, the very model of a major ski town, is blessed with four complete mountains. Each alone could sustain a major resort as one does—the fast growing Snowmass, some 12 miles from Aspen. Aspen Mountain is the 11,212-foot-high peak that challenges even experts. Snowmass caters more, though not exclusively, to intermediates.

The town of Aspen itself is so festive that even non-skiers like it. They skate, take dogsled excursions, go cross-country skiing, play tennis in the tennis bubble, and shop. After dark, people throng to the sophisticated restaurants and spirited night spots. Snowmass, quieter and more family oriented, already boasts ten restaurants, as well as many shops, nearly 700 condominium units, and seven lodges. The basic package at Aspen or at Snowmass covers six days' lifts on one or all of the mountains, intermountain busing, and seven nights' lodging. For each of six in a unit, this can be as low as $99 at the downtown Tipple Inn in off-season or $126 in peak season. At bunk room-style Dormez-Vous, the same package runs $96 peak, four in a room. For information, write Aspen Reservations Inc., P.O. Box 4545, Aspen, Colorado 81611 or Snowmass Central Reservations, Box 5566, Snowmass Resort, Colorado 81615.

Dillon, Colorado, is not a ski area but a new bedroom of a resort within 20 minutes' drive of three major ski complexes—Breckenridge, Copper, and Keystone—and about 40 minutes' drive of two more, Loveland and Arapahoe Ski Basin (informally, A-Basin). The Dillon Chamber of Commerce offers a package that includes five nights' lodging in its condominiums or motels and four days' skiing at the five areas—you can choose a different area each day if you like—for $56-$84 apiece, if six share a condominium.

Dillon, a two-hour drive from Denver, might be short on ski-town flavor (though there are plenty of restaurants and night spots), but the surrounding mountains more than compensate. Write Chamber of Commerce, Dillon, Colorado 80435.

Steamboat Springs, Colorado, is a real-life ranching community, and the big, beautifully groomed mountain sits, surrounded by condominiums and all the frills of the modern resort, only two miles from the main street. The scale is grand: three summits; 3,600-foot vertical drop; 12 lifts including a gondola; ski touring network; nursery—yet the atmosphere is relaxed and informal. There is a five-night, five-day package that runs $68-$107 apiece if five people share a slopeside condominium off-season; or $76-$135 in February and March. Steamboat Resort Service, Steamboat Springs, Colorado 80477.

The Big Mountain, Montana, provides a rare combination—elaborate skiing and simple living, and near both a jetport and a functioning Amtrak line. The hill features over 20 miles of runs including rolling meadows, steep-sided bowls, and sheltered trails.

Package prices for rail or air might seem high because they include three meals a day and three full days of lessons, as well as six days and six nights. They start at $171 for a semiprivate bath and run up to $200, double occupancy. The Big Mountain, Whitefish, Montana 59937.

Brian Head, Utah, an embryonic resort in the southern part of the state, offers more good snow per dollar and per mile of travel from home than do many other spots favored by southern Californians. Brian Head is a self-contained complex of 21 runs, two double chair lifts, a T-bar, 1,200 condominium beds and two restaurants. The nearest town is Cedar City, 30 miles away, and the area is an eight-hour drive from Los Angeles.

For five days, five nights, the per-person tab runs as low as $50-$65 per person. For information, write Brian Head Ski Area, Box F, Cedar City, Utah 84720. Alternative: Utah Ski Reservations Center, Council Hall, Salt Lake City, Utah 84114.

Crested Butte, Colorado, is a colorful mixture of old and new. Its original owners had put in one of the West's first gondolas. The new owners have now replaced it with a speedy bubble-covered chair, handy protection from the prevalent winds. They have also amplified the ski terrain that accents runs for intermediates but also embraces a particularly good beginners' sector and some steep runs that interest experts.

A community of condominiums and lodges has sprung up around the base, and there is more good lodging in the well

More for your Travel Dollar!

In this section, you'll find sources of information to help you and your family pick the best vacation spots across the West. Check these sources carefully before planning *any* trip.

1 AVIS—WESTERN SKI AREA GROUND TRANSPORTATION—Special rates & packages for daily week-by-week-by-ski-rized car rentals.
2 AVIS—HIGH SIERRA FLY & DRIVE PACKAGES—includes accommodations, lift information & skierized car rentals.
3 AVIS SKI THE ROCKIES VACATION PACKAGES—includes area & transportation information.
4 FORD RECREATIONAL VEHICLE GUIDEBOOK—send for this informative, fully illustrated book. Get into a Ford Recreational Vehicle. Get out of reservation problems.
5 UTAH'S "WHITE MAGIC" FREE FULL-COLOR FACT BOOK—has details on all areas, lifts, lodges, runs, entertainment spots and the Greatest Snow on Earth.
6 CORONADO, CALIFORNIA—Casual seaside village near all of Southern California's fabulous attractions. Easy to reach, full range of accommodations. Free CORO-KIT information packet.
7 PSA HOTEL HOLLYWOOD PARK—A sporty place eight minutes from L.A. airport. Between the races and The Forum—Southern California's sport arena.
8 PSA HOTEL ISLANDIA—in San Diego escape to an island on beautiful Mission Bay. Every room has a view. Sport fishing boat at the door.
9 PSA HOTEL SAN FRANCISCAN—Stay in the heart of the city you leave your heart in. 19th-century opulence at Civic Center.
10 PSA HOTEL QUEEN MARY—in Long Beach stay with the Queen. The historic ocean liner now berthed in Long Beach harbor is a resort in itself.
11 NEW ZEALAND KIWI TRAVEL PACK—Filled with colorful brochures, maps, and visitor's guide to New Zealand.
12 NEW ZEALAND SPORTSMAN'S KIT—Filled with colorful brochures, on the fishing and hunting grounds of New Zealand, the "Sportsman's Paradise."
13 NEVADA—New, free skiers' colorful map showing locations of 23 ski areas, free for the asking.
14 NEVADA—brochures on camping, ghost towns, entertainment, recreation, free.
15 NEVADA—New, free history brochures—Prospector Country (Tonopah, Goldfield, Aurora); Covered Wagon Country down the Humboldt.
16 NEVADA—New, free history brochure—Pioneer Trails Country (Eastern Nevada); Stagecoach Country, (5 Western counties).
17 SKI OREGON—Colorful brochure lists 16 ski area facilities, accommodations, and rates.
18 SNOWBIRD—Snowbird, Utah, 84070. America's newest major ski resort complex . . . 26 miles of runs, 4 dbl. chairs, 3,100 vertical rise, aerial tram.
19 SNOWBIRD—ski resort just 40 minutes from Salt Lake International Airport to Alta Canyon. Deluxe accommodations. Aerial tram, 3,100 vertical rise.
20 TIMBERLINE "LEARN TO SKI" KIT—Exciting Ski Package from famous Timberline Lodge atop Oregon's Mt. Hood. 3 lifts, night skiing, pool, historic overnight lodge. Special free "Save-Money-Learn-To-Ski" kit.
21 STEAMBOAT'S '73-'74 Ski Brochure gives accommodations, rates, ski schools and other information about Ski Town, U.S.A. Steamboat Springs, Colorado 80477.
22 THIS IS UTAH'S YEAR—they're hot, white hot. You'll know why if you send for their free full-color ski fact book.
23 WINTER PARK—our lift, ski school and rental rates will make you smile. We've got great skiing and more.
24 SNOWMASS RESORT—Full-color information on skiing, package plans, lodging, rates, and activities at the most complete ski resort in the Rockies.
25 WE'VE PACKAGED THE SLOPES OF THE WEST—including air fare, transportation, lift passes and lodging. Information from Hughes Airwest.
26 SUN VALLEY—Masterpiece of ski resorts. No crowded lift line. Fully contained village. Amazing variety of activities. Complete package & lift information

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served mining town of Crested te, a few miles from its name- ski area.

'rested Butte has a nursery, ntown movie, good touring gram, and some swimming, so ideal for families. For a con- inium within a child's walk- distance of the lifts, the high- on's package tag runs $88- l for five nights' lodging and days' lifts, per person for of four. Write Box 528, sted Butte, Colorado 81244.

ark City, Utah, has a vast of condominiums that es it a good bet for family re- living. The skiing and acces- es are right, too. The base plex, redesigned to recall the 0s, the heyday of silver min- at this very mountain, houses y nursery, shops, restaurants, ies, and special events. The kage for five nights, five days s around $92 for each of in the resort-operated Three gs Condominiums. In a near- odge, the Chateau Après, a rite with club groups, the kage runs $78.50 for each of Park City Resort, Park City, n 84060.

un Valley, Idaho, famous as ch man's playground, offers best of everything—steep milers that comprise some he most challenging terrain American skiing and wide, free beginners' and inter- iates' slopes.

verything is woodsy, but h. The original campus con- d of the Inn, Lodge, and con- inium clusters, tied together a mall of shops and eating s. Last year, the condomin- village of Elkhorn was intro- ed as both a suburb and self- ained resort. Its village green is a skating rink, imaginatively designed with families in mind. Sun Valley's jet set aura lingers, but now the accent is on all-day children's ski school, swimming, skating, and sleigh rides.

To keep costs down, consider staying in the motels and condominiums down near the major lifts, in the wild West town of Ketchum. The seven-night, six-day package in most Ketchum condominiums runs $94-$157 for each of four in high season. Write Sun Valley Company, Inc., Sun Valley, Idaho 83353. Alternative: Chamber of Commerce, Ketchum, Idaho 83340.

Taos Ski Valley, New Mexico, is not only a nifty destination but the journey to it is exciting whether you fly as far as Albuquerque or drive all the way. Drive through the desert and then past the Pueblo and the adobe houses of Taos. Continue up into the wooded canyons to stay in the cluster of condominiums and rustic lodges right at the lifts.

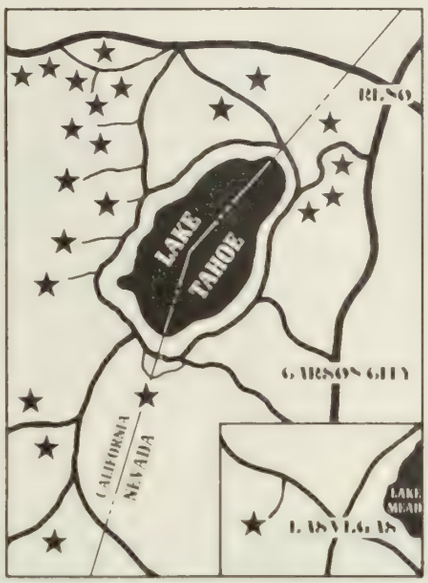
It is a cosmopolitan community, but an informal one, surrounded by forest, free of auto traffic, serviced by a day nursery. The ski terrain is sophisticated, but vast and the snow, the fluffiest, lightest powder available.

At first glance Taos packages seem expensive because they include more than most others do. Here a seven-seven deal includes not just lodging and lifts but six lessons and three full meals each day. In the lodges, double occupancy, this runs $195-$250 per person. In condominiums, without meals, the deal runs around $130 for each of four occupants. For information, write Taos Ski Valley, Box 856, Taos, New Mexico 87571. ■

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BUTTERMILK DOUGHNUTS

An exceptionally light doughnut—

2 eggs
1 cup granulated sugar
¼ cup cooking oil
1 teaspoon vanilla
4 cups all-purpose flour
4 teaspoons baking powder
¾ teaspoon salt
¼ teaspoon baking soda
1 cup buttermilk
Cooking oil for deep frying
Powdered sugar

Beat eggs till thick and lemon-colored. Add the granulated sugar and beat till smooth. Stir in the ¼ cup cooking oil and the vanilla. Thoroughly stir together dry ingredients. Add to egg mixture alternately with buttermilk. Turn out onto a lightly floured surface and roll to ½-inch thickness. Cut with a floured doughnut cutter. Fry in deep hot oil (375°) till golden brown, about 3 minutes, turning once. Drain on paper toweling. Serve plain or sprinkled with powdered sugar. Makes 24 doughnuts.



GINGERBREAD DOUGHNUTS

Be untraditional. Shape gingerbread dough into spirals for an unbeatable doughnut—

2¾ cups all-purpose flour
3 teaspoons baking powder
2 teaspoons ground ginger
½ teaspoon baking soda
½ teaspoon salt
2 eggs
½ cup packed brown sugar
½ cup dairy sour cream
¼ cup light molasses
¼ cup cooking oil
Cooking oil for deep frying
1 recipe Lemon Glaze

Thoroughly stir together flour, baking powder, ginger, soda, and salt. In large mixer bowl, beat eggs till thick and lemon-colored. Beat in sugar, sour cream, molasses, and the ¼ cup cooking oil. Stir in dry ingredients just till moistened. Roll out on lightly floured surface to 9-inch square about ¾ inch thick. Cut into nine strips 1 inch wide. Cut each strip in half crosswise. Shape strips of dough into 12-inch ropes. Fold in half; twist several times. Pinch to secure ends. Fry in deep hot oil (375°) about 2 to 3 minutes or till done. Drain on paper toweling. Dip warm doughnuts in *Lemon Glaze:* Combine 2 cups sifted powdered sugar, 2 tablespoons milk, 1 teaspoon grated lemon peel, and 1 tablespoon lemon juice. Stir till smooth. Makes 18 doughnuts.

SPUDCLOUD DOUGHNUTS

A cinnamon-sugar coating makes a perfect ending—

½ cup mashed potatoes
¼ cup sugar
1 package active dry yeast
1 teaspoon salt
¼ teaspoon baking soda
¼ teaspoon baking powder
¾ cup milk
¼ cup cooking oil
1 teaspoon vanilla
1 well-beaten egg
2½ to 2¾ cups all-purpose flour
Cooking oil for deep frying
• • •
½ cup sugar
¼ teaspoon ground cinnamon

Combine mashed potatoes, the ¼ cup sugar, the yeast, salt, soda, baking powder, milk, oil, and vanilla. Let stand in warm place 30 minutes or till slightly foamy. Add egg and enough of the flour to make a soft dough. Turn out onto lightly floured surface; knead smooth, about 5 minutes. Place in greased bowl, turning once to grease surface. Cover; let rise in warm place till double, about 45 minutes. Roll out on floured surface to ⅓-inch thickness. Cut with floured doughnut cutter. Let rise till double, about 30 minutes. Fry in deep hot oil (375°) 1 to 2 minutes or till brown on both sides. Combine the ½ cup sugar and the cinnamon. Roll or shake doughnuts in cinnamon-sugar mixture while doughnuts are still warm. Makes 18 doughnuts.

Photographs Dieter



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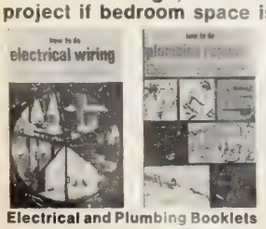


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Photographs



SMOKY PORK AND PEAS SKILLET

- **1¼ cups dried whole green peas**
- **4 cups cold water**
- **1 13¾-ounce can chicken broth**
- **½ cup chopped onion**
- **1 teaspoon dried basil, crushe**
- **½ teaspoon salt**
- **5 smoked pork chops, cut ½ inch thick**
- **1 tablespoon all-purpose flour**

In saucepan, bring peas, water, and broth to boiling; simme minutes. Remove from heat; cover and let stand 1 hour. (Or, peas to the cold water; soak overnight.) Add onion, basil, and Cover; simmer 3 to 3½ hours or till peas are tender but still re their shape. Drain, reserving ¾ cup liquid.

In large skillet, brown chops over medium heat. Remove ch Pour off all but 1 tablespoon drippings. Blend in flour. Stir in reser pea liquid. Cook and stir till mixture thickens. Add peas; stir. Arra chops over peas. Cover and cook over low heat 5 minutes or till ch are heated through. Makes 5 servings.

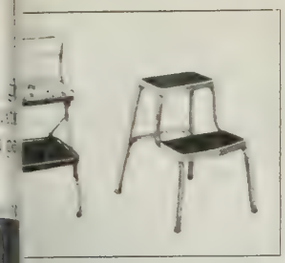


SPLIT PEA-VEGETABLE SOUP

- **2¼ cups (1 pound) dried green split peas**
- **8 cups cold water**
- **1 16-ounce can tomatoes, cut up**
- **½ cup chopped onion**
- **½ cup chopped celery**
- **¼ cup chopped carrot**
- **3 tablespoons snipped parsley**
- **2 tablespoons vinegar**
- **1 clove garlic, minced**
- **2½ teaspoons salt**
- **½ teaspoon dried oregano, crushed**
- **6 slices bacon, crisp-cooked, drained, and crumbled**

In large saucepan or Dutch oven, combine peas and water. B to boiling; simmer 2 minutes. Remove from heat; cover and stand 1 hour. (Or, add peas to the cold water; soak overnight.) not drain. Add *undrained* tomatoes, onion, celery, carrot, par vinegar, garlic, salt, and oregano. Cover and simmer 2 hours. bacon. Simmer, covered, 15 minutes more. Season to taste with and pepper. Makes 8 to 10 servings.

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are tight and all parts fit together well. If any part is missing, don't attempt to use the stool.

Before you buy a new step stool, consider what you plan to use it for, the amount of space in your kitchen, and how high you must reach. If you need a chair for sitting at the sink or ironing, purchase a step stool with a back and comfortable seat. If you don't need extra seating, try a smaller step stool or kitchen ladder.

If you're short on kitchen storage space, consider a fold-up. You can hang it in a broom closet, or behind a door. ■

Jack and Avocado get together for a dip.

Tired of the same old chip dip? Here's an idea guaranteed to wow you. Brightly seasoned avocado dip scooped up on tasty morsels of Monterey Jack cheese. It's a natural. The mellow flavor of Jack and the nutlike taste of avocados were made for each other. So whip up the recipe and invite some friends over for a dip. They'll flip.

Guacamole (Classic Avocado Dip)
4 California avocados, mashed & pureed, 1 teaspoon seasoned salt, 2 tablespoons lemon or lime juice, 1/2 teaspoon Worcestershire, 1/8 teaspoon Tabasco, 1 medium tomato, chopped fine. Combine and chill all ingredients. Serve with cubed Monterey Jack cheese speared on picks.



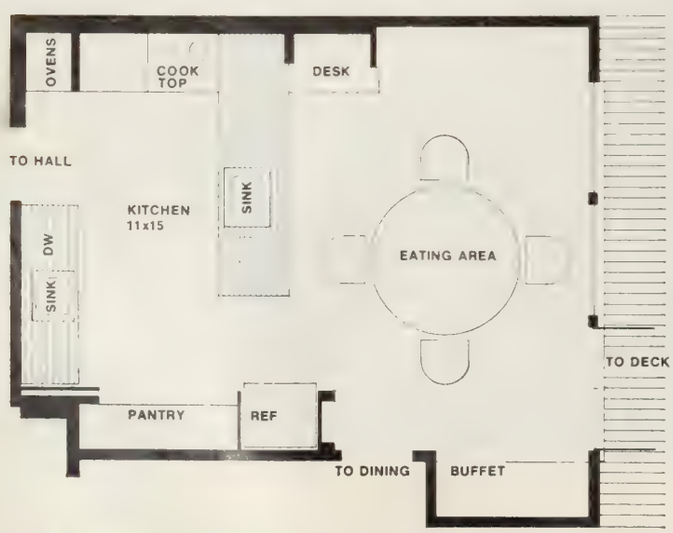
How to activate that dead space





Photographs: Fred Lyons. Architects: Lanier & Sherrill. Source: Helen Heitka

When you remodel your kitchen, take a final look at your plans to be sure you aren't wasting odd niches and dead space in your cabinet lineup. These little areas can be put to work storing specific items that are infrequently used. In this revamped room, a tallboy desk-bookcase fits along the eating area wall. The bookcase is narrow enough to permit the easy use of either the dining or desk chair. Shelves above the desk hold cook books, a small television, and several serving pieces; those below house phone books. Since the unit extends to the ceiling, there's a bonus of extra shelf space at the very top for tall books. The open cabinet at the opposite end of the kitchen is built up to the ceiling too, balancing the architectural lines established by the desk.



Before this older kitchen was remodeled, the space now given to the eating area was separated into a tiny, dark breakfast nook and a tumbledown back porch. Now, the kitchen work area and comfortable family dining table have a direct view through sliding glass doors to a new deck outside and a garden area beyond.

The depth alloted to this recessed bar-pantry was cut down to only one and a half feet to allow space for a full-width cabinet to the right. But the interior space has been so cleverly partitioned that the unit can hold a full load of bulky casseroles, large platters, ice buckets, glassware, soft drin cartons, and wine bottles. Tw sliding doors can open individua ly, or simultaneously to camo flage the unit. A fluorescent lig set under the shelves on the b side illuminates the maple t for detail work.

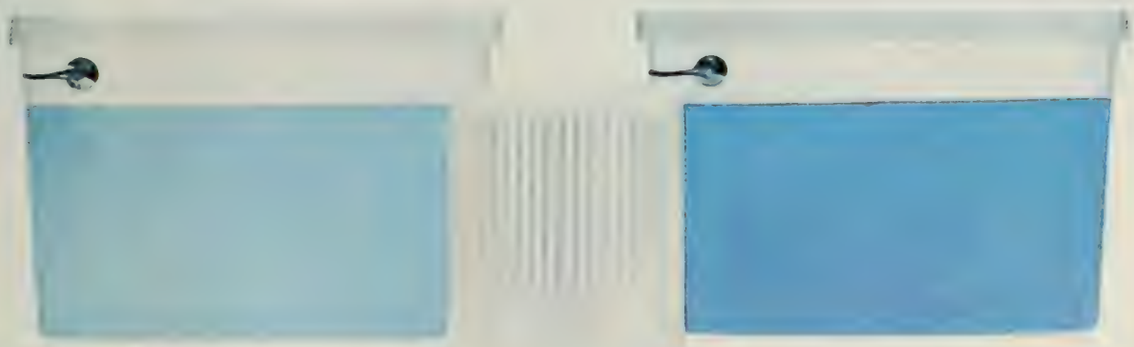


A smidgen of space was left after building in the blender-mixer adjacent to the sink. One solution would have been to add a shallow drawer for utensils, but they were stored in drawers on the other side of the sink. So, instead of a drawer, this recessed holder for paper towels was added. It holds regular and extra-large rolls. The towels are partially out of sight yet always within easy reach for cleanup jobs. Cabinet below the towel holder stores mixing needs on pullout, pop-up shelves.



The cabinet above the refriger tor-freezer poses a special cha lenge in kitchen planning. Unle you use your ingenuity, you c end up with a jumble of bul items stashed in this space. Her the problem is solved with narro partitions that neatly divide t available room for trays, platte extra cookie sheets, cooling rack pie plates, cake pans, and roasti pans. Since these are used on for entertaining, high storage isn inconvenient; they're easi reached with a step stool. ■

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Omelet fo dessert

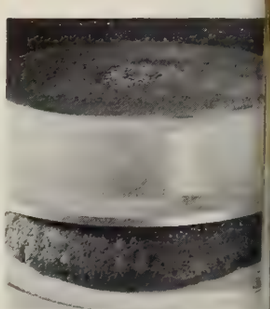
If you like to serve the pected, you'll want to t With its elegant flavor lowy texture, **Easy Ch Omelet** resembles its close the chocolate soufflé. But t sert omelet offers an addec tion—it cooks in a skillet than 20 minutes.

Photogr



EASY CHOCOLATE OMEL
4 egg whites
2 tablespoons water
4 egg yolks
¾ cup semisweet chocolat pieces, melted and coole
½ cup dairy sour cream
¼ cup sifted powdered sug
1 tablespoon butter or margarine
½ cup whipping cream
2 tablespoons creme de ca (optional)
Chocolate curls

Beat egg whites till froth water, beating to stiff Beat egg yolks till thick a on-colored; beat in ch sour cream, and sugar. F yolk mixture into egg Melt butter or margarine inch oven-going skillet; he drop of water sizzles. Pou mixture; spread to edges. heat to low; cook 6 minut ish cooking in 325° oven minutes or till knife inser center comes out clean. omelet around edges; inv warm platter. Sprinkle wit



tional sifted powdered s desired. Whip cream peaks; stir in creme de Garnish cream with ch curls. Serve with omelet. 6 to 8 servings.

More dressing room for a master bedroom

A bedroom can be a tight fit when two people must use it for dressing on busy mornings. Here, the problem is solved with a seven-foot-long narrow dressing area addition along the back of the bedroom. There are individual dressing and closet facilities in the opposite ends of the addition.

Left. A vanity complete with sink is in the wife's end of the addition. Her closet is at left in the middle of the addition: the husband's closet is located at his end of the dressing area (visible in the mirror).

Right. The old bedroom closet provided space for an unusual headboard treatment. A valance and tieback fabric panels match the wallpaper and highlight the now recessed headboard nook.

Photographs: Hedrich-Blessing. Architect: John H. Illand, A.I.A. Designer: Lisbon Interiors. Source: Jean Walker





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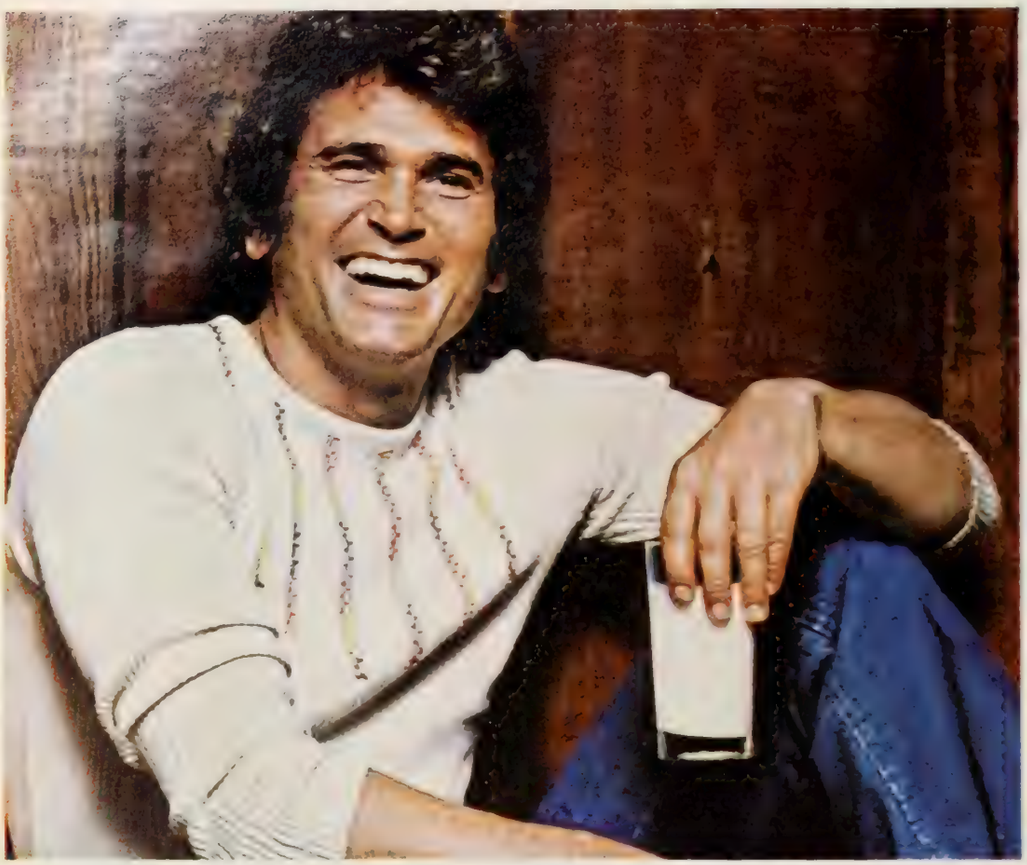
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How to cook for a big group

If you've just been named chairman for the next bridge buffet or church supper, don't panic. Here are some pointers to help you plan, prepare, and serve a meal for a large group.

When planning the menu, stick to the tried and true and leave the new recipe or gourmet food for some other time. So don't plan anything that will melt, collapse, or toughen if it must stand a few minutes before serving. Think through each step of your menu carefully before you begin.

If the cooking will be done in your kitchen, you may want to borrow large mixing bowls and baking pans from a school or church. But first *measure* your refrigerator and oven to be sure the big gelatin salad or cake will fit. To bake evenly, there must be enough room between baking pans and oven walls and door for air to circulate freely.

The best advice we can give you is to get some help! Even the simplest preparations will take longer than you expect with the larger quantities of food. If there are desserts or breads to be baked, enlist several friends to help.

Buffet service is usually best for a home situation. You may need to rent or borrow dishes or flatware. It's a good idea to count everything—plates, forks, dinner rolls, slices of ham, etc.—so you can be confident that everyone will be adequately served.

If the cooking will be done elsewhere, tour the kitchen facilities even before you plan the menu so you know exactly what equipment you have at your disposal. Be sure to allow extra time in the preparation schedule. Big casseroles will take longer to bake. Large gelatin salads or desserts should be made a day ahead so they can be refrigerated overnight.

Buffet service sounds easiest and may be in some cases. But remember, though a buffet requires less help at serving time, it needs better planning.

Consider serving family-style if enough large bowls and platters are available. It provides a friendly, informal atmosphere and is easiest on the kitchen crew.

For plate service, you'll need more help at serving time. If you have one server for each food item, the plates can be passed along in assembly-line style. Again, be sure to count everything. Counting the remaining plates gives you an accurate picture of the size of the group still to be served.

Portion control is another important point to check. Decide ahead of time how much of each food will be served on each plate; an ice cream scoop is better than a spoon for most serving purposes. Measure the capacity of the scoop; if it holds ½ cup, you'll know that a five-gallon kettle full of mashed potatoes or rice will yield approximately 160 servings.

Ask your helpers to arrive a little ahead of serving time so you can give them a few instructions about portion size. Most amateurs tend to be generous to the point of being wasteful. Check the list below for an idea of how much to plan for one serving of popular menu items for large groups.

A word of caution: Not all recipes can be multiplied successfully. Most baked goods and casserole mixtures can be easily increased. However, foods with a critical step such as blending a hollandaise-type sauce or cooking a candy or syrup to a specific temperature are best made in recipe-size batches. If you want to serve a creamy vegetable or meat sauce, start with a cream soup base. When multiplying spices, taste the recipe as you prepare it to avoid a seasoning buildup. ■

Plan on the amounts listed here for one serving. For hearty eaters, be sure to allow more.

- ¾ cup brewed coffee
- 1 cup milk
- ½ cup cooked rice
- ¾ cup cooked spaghetti
- 1 roll or biscuit
- ½ cup canned friut
- 1 cup soup
- ⅓ cup fruit salad
- ½ cup potato salad
- ⅓ to ½ cup vegetables
- 1/12 of 9-inch layer cake
- 1 2½-inch square of a 15½x10½x1-inch sheet cake
- ½ cup ice cream
- 1/6 of 9-inch pie

our bank t for you?

er where you live, you have several banks to rom. Yet, if you're like eople, you keep doing at the same bank even t might not quite suit cific needs.

dual needs can change period of years. Banks nphasize mortgages and r instance, may be better ng married couple, but ssarily for a relatively us older family more in- n a blue-chip bank trust nt. Frequently, people ess at banks that don't vide a range of services ight want to use. Or they ks where these services, merous, don't offer as terms as those at some ng bank.

portant to rate your n time to time, to see y fits your individual nsider the following:

n. Is the bank near your office? If not, is there a lice close-by?

. Does the bank pay a ve rate of interest? Does nd daily, monthly, or ? What about mainte- rvice charges, cost of Is there an automatic edit that goes with reg- ing?

Are installment loans vailable at competitive ates? What about auto lso rate the bank on y of mortgage money, interest charges and

s hours. Are the bank- convenient for you? bank open late one af- on Saturday morning? pply stamped self-ad- velopes for banking by

nd estates. Does the rtment perform well? officers easy to see and Do the general invest- ies at the bank fit your ?

Does the teller line sonably fast, without ngestion? Are the tell- ous? Does the bank -in facilities?

atures. Does the bank of the new and con- nk services recently de- utomatic money ma- withdrawals of $25 or our of the day or night, sive monthly state- ng checking and sav-

The long 140" wheelbase is reason enough to pick Ford's Super Camper Special pickup.

Here are 9 more:

1 **Capacity to 10,000 lbs.** This Ford takes big 11- to 12-ft. campers—and on easy-riding single rear tires. Extra-long wheelbase and wide tread give excellent weight distribution for superior ride and handling.



2 **360 V-8/390 V-8/460 V-8**—Ford gives you a choice of top engines for the performance you want. Cruise-O-Matic Drive with 360 V-8 is standard, 4-speed shift available.

3 **8-inch deep frame** is the sturdiest Ford has ever put in a pickup. A real backbone for a strong, soundly engineered truck.



4 **Stabilizer bars front & rear** control the high, heavy load and reduce "camper sway." Combine with Twin-I-Beam front suspension for exceptional smoothness and handling ease. Try a winding road now!

5 **Spare tire in body side** behind a removable panel is easy to reach and roll out. A better idea that solves a long-time camper problem.



6 **Frame-mounted gas tanks** are out of the cab and, for convenience, both fill from the same side of the truck. Standard tank plus optional auxiliary tank add up to 43 gallons.

7 **Heavy duty disc brakes** at front and big 12" x 3" rear brakes provide reserve braking capacity. Power booster is dual-diaphragm type.



8 **Heavy duty equipment** includes larger radiator, transmission oil cooler, camper wiring harness, 55-amp. alternator, all standard.

9 **Camper is anchored to frame** with Ford's optional tie-down system. Eliminates stress on box sheetmetal. Uses spring-loaded turnbuckles to secure camper and cushion strain. For anything from camper pickups to motor homes, see your Ford Dealer.

A better idea for safety: Buckle up.



ings balance and automatic credit available, charge cards, financial counseling, tax preparation?

Since a family cannot ever anticipate all its future financial needs, generally the more services the bank offers, the more helpful it can be. On the other hand, do not overlook the fact that some banking institutions, while lacking a wide variety of services, can offer special advantages in terms of such things as savings rates or mortgage loan terms. Also, a bank is likely to offer the most favorable terms on loans and mortgages to customers it has known for a long time. ■

MONEY MANAGEMENT

Can you still buy government land?

You probably will have to look long and hard to find a tract of public land for sale that suits your purposes. But there still is some left.

The federal government sells land in tracts that range from a fraction of an acre to hundreds of acres or more. Much of this property has been picked over pretty well, although some is fit for grazing, or as a homesite. Once you've bought the land, there are no federal restrictions on what use you make

Most public land for sale is in the West Montana, Wyoming, New Mexico, Oregon, Idaho, Utah, Californ Washington. Small an main in Alabama, Louisiana, Michigan, M Mississippi, and Wisc land sales in these state and no sales are plann foreseeable future. N available in any state here, including Alaska.

The best informatio on available public lar *Public Lands*, a quarte zine that you can get year from the *Superint Documents, Governm ing Office, Washingt 20402*. It gives listings lands to be sold in the ture, a thumbnail desc the lands, including loc appraised price, and o ful data.

Be sure to read the tion of the tract carefu parcels are completely ed by private holdings would need an access a with your neighbors to land.

If you find a parc that interests you, get information by writing reau of Land Managem for the state in which t is located. Ask for a p giving a more complete tion, the date of sale, form. You don't need money for services of pr moters who offer "insi mation or say they'll f for you. You'll get all tion you need from th without charge.

The only way to b land is through public sales held in any of the offices of the Bureau Management. You can sealed bid by mail, a person, or have a repr appear for you.

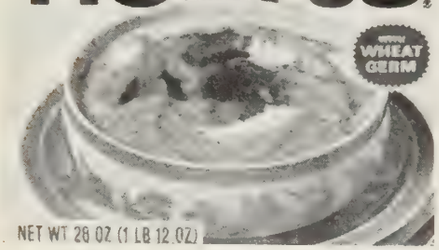
Each parcel is app the government at the ket value. All bids m the appraised price or times, the final bid pric two or three times the price. It's probably sma or a representative to auction, since bids mad cannot be raised unless der or his representat the sale.

All mailed bids mu companied by a certifi post office money order ier's check. All public l must be paid for in f time of sale. The succe der also must pay the publishing legal notic sale in a newspaper.

More wheat germ than any other hot cereal.

a creamy hot cereal with real wheat flavo

wheat hearts



Right. Wheat Hearts is 25% wheat germ. And you know wheat germ is the most nutritious part of the wheat. What's more, Wheat Hearts is fortified with extra B vitamins and iron, with no preservatives added. So to give your family a healthy, husky, delicious start on a day, give them Wheat Hearts. Today.

Wheat Hearts.
It's 25% wheat germ.

rademarks brand es help you wisely?

g products and their ould become almost im- vithout trademarks and mes. But while they of- n advantages to the con- ese devices basically are ool.

ally, a trademark or ne is any word, symbol, used to designate the or services of a specified organization, or trade n. The insignia may be dentify a single item or line of products and Ideally, a trademark or icates a certain level of and consistency, and entifies the manufactur- seller who is responsi- natever is sold under the ne.

arks and brand names help you recognize a uantity" and its source. rchandise with an un- rademark or no brand y be less expensive and le or even superior to n brands, it is difficult consumer to recognize some products. When oubt, brand names can e assurance of quality ility.

pping tips

ks and brand names as sound buying guides

d a product you particu- and you want to buy it

buying from a store or ose reputation is not you.

buying a brand with a ded reputation for qual- rformance.

e buying a product or nich you are not quali- aluate.

t unbranded products?

d products may offer values when:

buying from a reputa- that will stand behind ise and services sold.

nt to experiment with inexpensive items.

e sufficiently qualified e different brands of a product and make your uation of quality and ice.

ve other information, e results of independent a product, to guide your

Christmas shopping starts at home when Shaklee comes to call.

When you're shopping for Christmas, there's no place like home.

You can choose from a sleighful of Shaklee Christmas gifts right in your own living room. Attractive gifts like our Lady Shaklee products for the bath, fragrances from our Deux Vies collection, and Shaklee for Men Original grooming aids.

The Shaklee Family also has a special holiday offer. It's a beautiful 1974 calendar created exclusively for Shaklee by famous artist, Lowell Herrero. It contains 12 full-color Americana prints suitable for framing and costs only $1.35. See the coupon for details.

During the Christmas Season, one call will bring a Shaklee Family representative to your home. You'll get free fragrance samples and an opportunity to discover our famous food supplements, non-polluting household cleaners, cosmetics and skin care products, and baby and pet care items. As well as fresh ideas for Christmas giving. You can find us in the yellow or white pages under Shaklee.

Call us anytime...

We'll call on you.



the Shaklee Family

Shaklee Corp., Dept. 2, P.O. Box 3625, Hayward, Ca. 94544

Please send me:

- ☐ Lowell Herrero's beautiful 1974 calendar. I have enclosed $1.35 in check or money order.
- ☐ Free Shaklee fragrance samples. I have enclosed 25¢ for postage and handling.
- ☐ Information on how I can earn extra money as a Shaklee Family distributor.

Name

Address

City State Zip



Photographs: Hill. Source: Ruth Martin

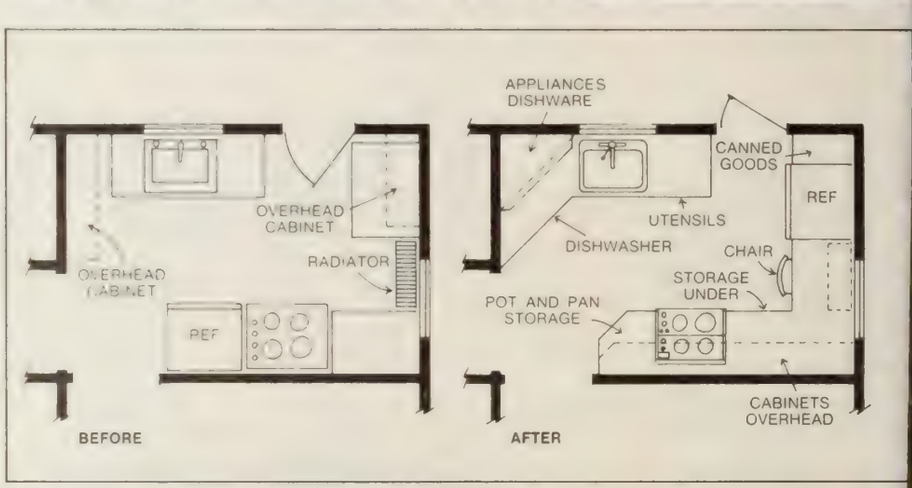
How to hold the line on kitchen costs

What can you do when you're boxed in by a small kitchen and a small remodeling budget? Mr. and Mrs. George Hessler, Jr. of West Hartford, Connecticut, took up the challenge to achieve this carefully planned, pleasantly designed gourmet galley.

Materials for the project came to about $625. The Hesslers did most of the work themselves. This included learning how to lay a plastic-laminate counter top and attach imitation bricks to a wall. A friend helped install the sink; the flooring was laid by a professional from the local store where it was purchased.







The distinctive, handcrafted cabinets represent the biggest saving of all. Mr. Hessler made them of pine plywood, using his own design, a radial arm saw, and a few simple attachments. To make the thrifty wood look lavish, he refinished it with a walnut stain. Classic hardware handles and simulated stained glass also add distinction. He took warped pieces of the inexpensive pine shelving left from the cabinets, banged them around even more for the popular distressed look, then stained and hung them as a soffit to give the kitchen a polished, professional look.

The year it took to plan this revitalized kitchen was well spent. The traffic pattern and cabinet arrangement allow for all the essentials: adequate counter space, canned goods storage, and space for portable appliances. Built-in spice shelves are located in the cabinet over the range. An ugly radiator is turned into an attractive asset by covering it with louvered doors and a slant-top desk. An angled pot-and-pan storage area is enclosed by bifold doors.



The Greater Granola.



The difference is flavor.

A new kind of cereal, for the whole family, that will make breakfast more interesting, more satisfying, more flavorful.

A 100% natural, ready-to-eat cereal; no additives, no preservatives, all real.

All the combined textures and tastes of old-fashioned rolled oats, crunchy sesame seeds, brown sugar, cinnamon and sun-ripened raisins. All tumbled and toasted and brushed lightly with pure golden honey.

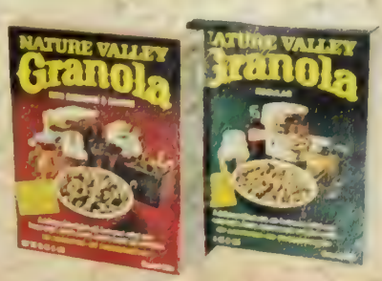
A new flavor, a fresh flavor, crisp and crunchy beyond any cereal you've ever tasted.

That's a promise from General Mills.

Nature Valley Granola in two varieties.

Regular Honey and Cinnamon & Raisin.

NEW





12 MONTHS TO PAY
WITHOUT ANY FINANCE CHARGES

Act Now! Order by mail from Jaccard's. Sale ends Dec. 29, 1973.

Buy your Gorham Sterling on Jaccard's Silver Club Plan with 10% down and the balance in 12 equal monthly payments ($5.00 minimum). The deferred payment price is the same as cash . . . no finance charges are added, 32-piece service for 8 includes 8 teaspoons, 8 place forks, 8 place knives and 8 salad forks.



FREE WOOD CHEST!

Holds full 130 piece service. Pacific cloth lined chest free with purchase of $225 or more.

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Jaccard's, 1017 Walnut Street, Kansas City, Missouri 64106

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

☐ Cash. Check enclosed for the full amount (add sales tax as applicable).

☐ Master Charge or ☐ BankAmericard No. _____

☐ Jaccard's Silver Club Plan (complete the following only if you are using Jaccard's Silver Club Plan and enclose 10% down payment).

Employer's name and address: _____

Position: _____ Length of service: _____

Bank reference: _____

Please ship the following in _____ pattern Gorham:

Quantity/Item	Camelia, Chantilly, Fairfax, Greenbrier, Lyric, Rondo, Rose Tiara, Trilogy		Alencon Lace, Buttercup, King Edward, Old English Tipt, Sea Rose, Spanish Tracery, Strasbourg		Gossamer, Hispana, Melrose, White* Paisley		La Scala, Medici, Classic Bouquet, Baronial	
	Reg.	Sale	Reg.	Sale	Reg.	Sale	Reg.	Sale
___ 32 pc. Serv. for 8	$557.20	**$417**	$591.20	**$443**	$634.00	**$455**	$650.40	**$455**
___ 4 pc. place setting*	69.65	**55.72**	73.90	**59.12**	79.25	**63.40**	81.30	**65.04**
___ Teaspoon	13.50	**10.80**	14.50	**11.60**	15.50	**12.40**	15.85	**12.68**
___ Place knife	18.15	**14.52**	19.80	**15.84**	20.80	**16.64**	21.15	**16.92**
___ Place fork	20.50	**16.40**	21.45	**17.16**	22.80	**18.24**	23.15	**18.52**
___ Salad fork	17.50	**14.00**	18.15	**14.52**	20.15	**16.12**	21.15	**16.92**
___ Place spoon	17.15	**13.72**	17.50	**14.00**	18.50	**14.80**	19.50	**15.60**
___ Butter spreader, hh	12.20	**9.76**	12.85	**10.28**	14.50	**11.60**	14.85	**11.88**
___ Tablespoon, reg.	33.10	**26.48**	33.10	**26.48**	36.40	**29.12**	37.70	**30.16**
___ Tablespoon, pcd.	33.10	**26.48**	33.10	**26.48**	36.40	**29.12**	37.70	**30.16**
___ Butterknife, hh	19.80	**15.84**	19.80	**15.84**	19.80	**15.84**	19.80	**15.84**
___ Sugarspoon	19.80	**15.84**	19.80	**15.84**	19.80	**15.84**	19.80	**15.84**
___ Cold meat fork	33.10	**26.48**	33.10	**26.48**	36.40	**29.12**	37.70	**30.16**
___ Pastry server, hh	33.10	**26.48**	33.10	**26.48**	36.40	**29.12**	37.70	**30.16**
___ Gravy ladle	33.10	**26.48**	33.10	**26.48**	36.40	**29.12**	37.70	**30.16**
___ Pickle fork	15.50	**12.40**	15.50	**12.40**	15.85	**12.68**	15.85	**12.68**

(*Includes teaspoon, salad fork, place fork and place knife.) Add $2.50 handling/shipping charge. Partial listing above. Complete sale price list including Andante, Golden Medici and Golden Hispana patterns upon request.

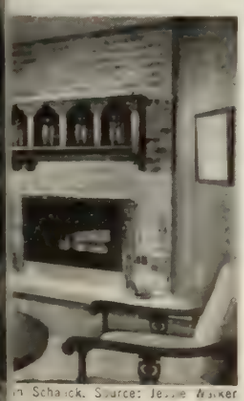
ıning a
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your fireplace is new
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ınd materials.



Balagh, A.I.A. Source: Liz Noah

stated fireplace com-
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white and yellow
he stereo unit com-
ıe marble facing's pri-
's. Western red cedar
ıd ceramic tile hearth
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n Schaick. Source: Jessie Walker

ıe brick wall lends
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d screw anchors.

The beauty fruit from California meets the delicious cake from Dromedary.

This apricot-Dromedary® pound cake mix dessert looks good and tastes terrific. It's also easy with enriched Dromedary Pound Cake Mix. And it's nutritious because apricots are a rich source of Vitamin A—needed to help maintain beautiful, healthy skin.

Delight your family tonight with a novel dessert that's easy, beautiful, delicious and good for you—all at the same time. For other delectable recipes, write California Apricot Advisory Board, 1295 Boulevard Way, Walnut Creek, California 94595.



APRICOT TUMBLE DELIGHT
Drain a 17 ounce can apricot halves. Cut halves into thirds, reserving a few. Combine 1 package DROMEDARY Pound Cake Mix with 1 teaspoon ground cinnamon. Blend in ⅓ cup butter or margarine until mixture resembles coarse cornmeal. Add ½ cup slivered almonds and apricots. Toss. Spread in ungreased (15 x 10 x 1 inch) pan. Bake in preheated moderate oven (350°F.) 25 to 30 minutes. Gently toss. Cool 5 minutes. Spoon into sherbet glasses and top with whipped cream, sour cream or whipped topping. Garnish with extra apricot halves, if desired. Serves 8.



Dromedary...for home style goodness. California apricots... for Vitamin A.

Dromedary is a registered trademark of Nabisco, Inc.

Savvy kitchen storage

Where you store small items can make a big difference in the efficiency of your kitchen. You'll save a lot of backtracking if you put foods and tools close to where they're customarily used.

For example, if you use the tongs at your range, store them in your cooking area. You may want to duplicate small aids like spoons and knives so you'll have them handy in two areas.

Chronic "string-saving" is a great contributor to kitchen clutter. Don't give prime s space to items you seldom er use. Periodically clea those obsolete utensils and

Assign your premium sp the items most used. The e to-reach storage is between 54 inches from the floor.

Check these logical grou of utensils and other stored then make adjustments to fi own working habits and k arrangement.

At the cleanup center

- Soaps, detergents, sc pads, brushes, and paper go here. Group these nece in their own storage tray b the sink, or put them in a n backsplash cabinet. Make for hand towels, too. Cons pullout towel rack or att rack behind door.
- Set aside space for a wa per basket, trash containe
- Strainers, chopping tools, ping board, peelers, k and non-refrigerated vege should be stored close to the dishwasher area.
- Dishes used for family belong in a wall cabinet cl the dishwasher.
- Double boiler, pitcher handy close to water supply

At the cooking center

- Frypans, saucepans, ro cooking racks, broiler pan should store by the range, them orderly and save spa by putting them on pullou and racks.
- Store canned foods, dry s spices, and condiments as to the cooking center as po If the range area doubles a ing-baking headquarters, space for baking pans, blender, canisters, casse molds, cookie cutters, muffi graters, mixing bowls, a food mixes.
- Serving trays and other designed to hold hot foo long in the range area.
- Set aside a drawer for k spatulas, turners, tongs.
- Hot pads, extra towe handy close to the range.
- Electric appliances like t opener, skillet, saucepan, broiler, and pressure cook convenient to use in this ce

By the refrigerator/freezer

- Freezer containers, f wraps, bags, plastic wraps, ing pens and ties should g drawer here.
- Use storage above appl for seldom-used items s picnic gear and bulky casse
- Set aside prime space fo containers, ice bucket, san board, trays, salad bowls House salad utensils and t cream scoop in a drawer.

Joan McCann, school principal, uses economical cuts to create a great beef dish.

When she was promoted from reading specialist to principal of the Siwanoy Elementary School in Pelham, a New York City suburb, Joan McCann faced the sizeable task of supervising a staff of 28 and a student body of 370. Now in her second school year, she loves the job.

Joan is also a busy mother of two, and she loves to cook. "My family knows that when I put time and effort into cooking, it's a way of saying I care about them," she says. That's why pot-roasts and beef stews are among her favor-ites. They're also nutritious, easy on the budget and creative.

You can make creative, inexpen-sive beef dishes too. Start by shop-ping wisely and economically.

How to Buy Beef

Learn the cuts of beef. Chuck and round, shank and short plate give you economical boneless cubes for stew and ground beef. For pot roasts, the cuts of chuck—arm and blade, cross-rib and boneless chuck eye—are the good buys.

Cost Per Serving

When you buy beef, don't just calculate the cost per pound. Figure the cost per serving. It may give you a pleasant surprise. For example, which is more expensive—a cut selling at $1.39 a pound or another at $1.59? The answer may not be as simple as it looks. From the first, you may get only 3 servings, at 46 cents each. But the "more expensive" one may yield 4 servings at only 40 cents each.

The Way You Cook Matters

Braising and cooking in liquid—the moist cooking methods—make less expensive cuts tender. And cooking at low temperatures stretches your beef dollar. Shrinkage is reduced, so you have more to serve.

Learn to Be Meat-Wise

Tear out this page and try Joan's recipe. And send 25 cents in coin, to cover postage and handling, for a copy of our 20-page booklet, "Be a Smarter Shopper . . . a Better Cook." It has charts that show all the cuts of meat you'll use. **Address Meat Board, Box 11168, Dept. F, Chicago, Ill. 60611.**



Country-Style Pot-Roast

- 3 to 4-pound beef arm or blade pot-roast
- 3 tablespoons cooking fat
- 2½ teaspoons salt
- ¼ teaspoon pepper
- ½ cup water
- 2 bay leaves
- 4 medium-sized carrots, cut in 2-inch pieces
- 6 to 8 small whole onions
- 1 package (10 ounces) frozen lima beans
- 1 tablespoon Worcestershire sauce
- Flour for gravy

Brown pot-roast on both sides in cooking fat. Pour off drippings. Season with salt and pepper. Add water and bay leaves. Cover tightly and cook slowly 2 hours. Add carrots and onions and continue cooking 30 minutes. Add lima beans and continue cooking 30 minutes or until meat is tender and vegetables are done. Remove meat and vegetables to warm platter. Discard bay leaves. Add Worcestershire sauce to cooking liquid. Thicken liquid with flour for gravy. 6 to 8 servings.

National Beef Industry Council

Alabama Cattlemen's Assn. / Arizona Beef Council / California Beef Council / Colorado Beef Board / Florida Beef Council / Idaho Beef Council / Illinois Beef Industry Council / Indiana Beef Industry / ...a Beef Industry Council / Louisiana Cattlemen's Assn / Mississippi Beef Council / Missouri Beef Promotion Found / Montana Beef Council / Nebraska Beef Industry Found / North Dakota Beef Council / Ohio Beef Marketing Program / Oregon Beef Council / South Dakota Beef Council / Texas Cattle Feeders Assn. / Utah Beef Council / Washington Beef Commission / Wyoming Beef Council

oung ideas
r bedrooms



otograph: de Gennaro. Interior designer: Carole Eichen. Source: Pauline Graves

te the sunshine and flowers your nursery with brightly erned wallpaper and a novel dow treatment. You can d the flower box for the sill n 1x8s. Then apply a coat of oxic gloss paint, and trim triangular scraps of ¼-inch ood that you paint and glue The perky sunflowers are e of ¼-inch plywood and v out of a slotted cover in- the box. Posts made of 1x1s up the stems. For the sun- er faces, cut plastic foam in half and paint or cover n with fabric. Fashion the ires with a felt-tip pen or n felt cutouts.



Photograph: Hedrich-Blessing. Interior design: Hamilton-Howe for the Alfred Mayer Co.

rdinate colors and patterns a youngster's bedroom the way. Find a fabric that's ble to care for, then buy igh for the main pieces in room—curtains, bedspread, olstery, pillows, canopies. If choose a print fabric, let it ire the color scheme for the of the room. If the room is ll, pick a one- or two-color t for the most spacious and ying effect. Here, the same rful yellow and white plaid rs the bed, window, and r. The shade valance was ed to a strip of 1x1 plywood ve window frame.



With our connections, you can build your own vacation to Hawaii and the South Pacific.

All you have to do is ask your Travel Agent for our booklet called "Hawaii/South Pacific Modular Vacations." And then the fun begins. Because it's full of ideas from American Airlines and Western Airlines on how to design your own vacation.

We call these trips our modular vacations because they allow you to fit together any or all of these sunny paradises: Hawaii, Tahiti, Fiji, Australia and New Zealand. With each, you have a choice of how long you'd like to stay. (For example, you can start your vacation on Western to Hawaii, where you can stay 2, 3, or 4 days. And you continue your trip on American to your next stop in the South Pacific.)

Altogether, there are 18 modular mini-tours from which you can create your own custom-made vacation (including 3 Australia Fly/Drive vacations that give you even greater freedom of choice). And we can show you how to get tour prices without being tied into a tour.

Just decide where you want to go. We'll do all the rest.

Our booklet will also tell you everything you need to know about Hawaii and the South Pacific; details like climate, shopping, tipping. And what each mini-tour offers from hotel accommodations and meals to excursions that let you see more of the local highlights than just beaches. And of course, what each one costs. (You'll be glad to know that our mini-tours start as low as $25 plus air fare.)

See your Travel Agent about modular vacations in Hawaii and the South Pacific. When you go our way, you'll have your own way.

Western Airlines
Hawaii/Alaska/Canada/Western USA/Mexico

American Airlines
To The Good Life.

"The Good Life" © 1963 Paris Music Co., Inc. Used by permission.

Getting more from your mixer

Your electric mixer—be it portable, built-in, or on a stand—can do much more than beat eggs. Try making sherbet with a flavor you can't buy—pear. This smooth ice is a refreshing way to end a company dinner. Or top with gingerbread squares. You'll look forward to making homemade bread if you use our easy mixer method. Blend the liquid and part of the dry ingredients in the mixer bowl to cut down on stirring by hand. Or, create this luscious lemon-flavored pound cake that starts with a cake mix and lemon pudding mix.

To get the best results with your mixer and to prolong its operating efficiency, follow these suggestions:

- Do not use an extension cord.
- Never let a cord cross a unit or burner on the range.
- Use a rubber spatula to scrape down the sides of the bowl.
- If using a portable mixer, use a bowl with straight sides. It requires less hand scraping than a bowl with slanted sides.
- Use your mixer attachments to make it a multi-use appliance: juicer, blender, food grinder, dough hook, ice crusher, and knife sharpener.
- Clean the head and stand after each use by wiping with a damp cloth. Do not use abrasive materials since they mar the finish on the appliance.
- Never immerse the mixer head in water. Never put in the dishwasher.
- Wash beaters in the dishwasher or under running water. Dry thoroughly before reinserting in mixer head.
- If you smell smoke or a burning odor, stop the mixer immediately. Running the mixer for long periods of time or beating too heavy a mixture may cause the motor to overheat. If it heats excessively when used only a short time, have it checked.
- Do not oil a mixer head unless the instructions book says to.



PEAR SHERBET

A pretty fruit sherbet you can make all year with canned pears—

1 3-ounce package lemon-flavored gelatin
1 cup boiling water
1¼ cups sugar
1 16-ounce can pear halves, undrained
4 cups milk
Dash salt

In large bowl, dissolve gelatin in boiling water. Add sugar and stir well; cool. Mash pears; stir into gelatin with milk and salt. Turn into two 4-cup refrigerator trays. Freeze firm, several hours or overnight. Break into small chunks. In large mixer bowl, beat one-half mixture at a time till fluffy; return to 4-cup freezer tray. Freeze till sherbet is firm. Scoop into sherbets. Makes 8 servings.

PERFECT WHITE BREAD

The mixer makes homemade yeast bread easy and quick—

5¾ to 6¼ cups all-purpose flour
1 package active dry yeast
2¼ cups milk
2 tablespoons sugar
1 tablespoon shortening
2 teaspoons salt

In large mixer bowl, combine 2½ cups of the flour and the yeast. In saucepan, heat together milk, sugar, shortening, and salt just till warm (115° to 120°), stirring to melt shortening. Add warm liquid to dry ingredients in mixer bowl. Beat at low speed with electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. By hand, stir in enough of the remaining flour to make a stiff dough. Turn out on lightly floured surface; knead till smooth and satiny, 8 to 10 minutes. Place in lightly greased bowl, turning once to grease surface. Cover; let rise in warm place till double, about 1¼ hours. Punch down. Divide dough in half. Shape each portion into a smooth ball; cover and let rest 10 minutes. Shape into loaves; place in two greased 9x5x3-inch loaf pans. Cover; let rise in warm place till double, 45 to 60 minutes. Bake in 400° oven for 35 minutes or till done. Let loaves cool on racks. If tops brown too quickly, cover loosely with foil during last 15 minutes of baking. Makes 2 loaves.





Photographs: Dieter

LEMON POUND CAKE

Spoon the Lemon Glaze over the cake very slowly while cake is warm—

4 eggs
1 package 2-layer-size yellow cake mix
1 3¾-ounce package *instant* lemon pudding mix
¾ cup water
⅓ cup cooking oil
1 recipe Lemon Glaze

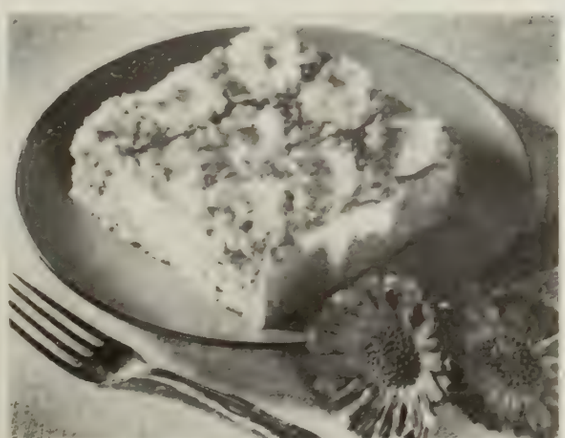
In large mixer bowl, beat eggs till thick and lemon-colored. Blend in cake mix, pudding mix, water, and oil; beat 5 minutes at medium speed on electric mixer. Pour into ungreased 10-inch tube pan with removable bottom. Bake in 350° oven for 50 minutes. Leaving cake on pan bottom, remove sides of pan from hot cake. Cool 20 to 30 minutes. Remove bottom of pan. Using 2-tined fork, prick holes in top of cake. Drizzle with Lemon Glaze over top and spread on sides of cake.

To make Lemon Glaze: Heat together 1 cup sifted powdered sugar and 3 tablespoons lemon juice to boiling.



Photographs: Dieter





Desserts from the oven

Desserts that take care of themselves are the best kind. These three warm-from-the-oven treats do just that. You can bake them in the afternoon or while you're having dinner.

Graham Cracker Prune Pudding

1 cup snipped prunes
• • •
¼ cup shortening
⅓ cup sugar
1 teaspoon vanilla
1 egg yolk
½ cup chopped walnuts
2 cups fine graham cracker crumbs
1 teaspoon baking powder
¼ teaspoon salt
⅔ cup milk
1 stiff-beaten egg white
Whipped cream

Cover prunes with boiling water; let stand till cool. Drain. In small mixing bowl, cream together shortening, sugar and vanilla; add egg yolk, beating well. Stir in drained prunes and walnuts. Mix together crumbs, baking powder and salt. Add to creamed mixture alternately with milk. Fold in egg white. Fill six greased custard cups. Bake in 350° oven for 30 minutes. Serve warm with whipped cream. Makes 6 servings.

Baked Apples with Whipped Cheddar Cheese

You'll like the topping on apple pie, too

6 large baking apples
¼ cup raisins
1 tablespoon butter or margarine
1 cup sugar
1 cup water
2 ounces (½ cup) shredded natural cheddar cheese
1 tablespoon milk
1 3-ounce package cream cheese, softened

Core apples and pare strip from top of each. Place in baking dish. In center of each apple, place 2 tablespoons raisins and ½ teaspoon butter or margarine. In saucepan, combine sugar and water; bring to boiling. Pour syrup over apples; bake, uncovered, in 350° oven about 1 hour, basting occasionally with syrup. Serve with *Whipped Cheddar Cheese*. Have cheddar cheese at room temperature. Beat milk into softened cream cheese till fluffy. Stir in shredded cheese till mixture is blended. Makes 6 servings.

Spicy Marble Squares

Banana slices go onto the warm cake and are broiled with a coconut topper

¼ cup granulated sugar
¼ cup shortening
1 egg
2 cups sifted all-purpose flour
2 teaspoons baking powder
½ teaspoon salt
¾ cup milk
2 tablespoons light molasses
½ teaspoon ground cinnamon
½ teaspoon ground nutmeg
⅛ teaspoon ground cloves
• • •
2 bananas
6 tablespoons butter or margarine, softened
½ cup brown sugar
3 tablespoons milk
1 cup flaked coconut

In mixing bowl, cream together granulated sugar and shortening. Add egg; beat well. Sift together flour, baking powder and salt. Add to creamed mixture alternately with the ¾ cup milk, beating well after each addition. Divide batter in half. To one half, add molasses, cinnamon, nutmeg and cloves; mix well. Spoon spiced and plain batters alternately into greased 9x9x2-inch baking pan. Zigzag spatula through batter to marble. Bake in 350° oven for 30 to 35 minutes or till cake tests done. Slice bananas diagonally ¼ inch thick. Arrange in single layer atop warm cake. Combine softened butter or margarine, brown sugar and the remaining milk; stir in coconut. Spoon over bananas. Broil 3 to 4 inches from heat for 4 to 5 minutes. Makes 8 or 9 servings.

Decorate with screens

Don't make the mistake of regarding a folding screen as a makeshift accessory.

Use a screen to divide space, unify a furniture grouping, provide wall interest, conceal architectural flaws, supply stature to a small window, vitalize a dull corner, or inject a note of rich beauty into any room setting. You can choose anything from a priceless Coromandel or room-expanding mirrored screen to a design of your own creation. Many stores carry screen frames today in a variety of styles and sizes which you can paint, paper or sheathe in fabric to fit any room scheme. Here are some helpful ideas:

• Flank a narrow window with screens of two or more panels and you immediately alter its appearance. The window takes on new importance and often blossoms into a focal point.

This device is also successful when you want to increase the height of a window. Extend screens ceilingward and cover wall space between window frame and cove molding with a deep cornice or hang draperies from a ceiling-mounted rod.



When your window overlooks a drab view, you might fold some latticed or pierced-hardboard screens across the opening. This allows sufficient light to filter into the room and provides a handsome cover-up.

• Want to relieve the stare of a blank wall without undertaking a complete background renovation? Cover two floor-to-ceiling plywood screens with felt, burlap, or other fabric of your choice and trim with flat braid. Then place screens at opposite ends of the plain wall and arrange a furniture grouping in the center.

If you own an especially handsome screen, such as an elegant Oriental, and have no

The American holiday



ean back and enjoy it.









If you're looking for a great family gift, a way to spruce up your home, or just a relaxing place to spend the hectic holidays, you needn't go further than a new Plus Chair by American of Martinsville.

Unlike conventional recliners in both comfort and looks, the Plus Chair lets you glide easily from upright to fully reclined and stops anywhere in between. (As the back moves down, the seat gently adjusts for extra comfort.)

Instead of a bulky footrest, each Plus Chair comes with a handsome matching ottoman. And you can choose from today's most popular covers, including plush fur, rugged vinyl or a variety of other smart fabrics—many of color-fast, stain-resistant Herculon.*

Most importantly, the Plus Chair is designed to fit into any kind of decor. Because no matter which particular style of chair you select—contemporary, traditional or country—you can mix and match it with a wide variety of other American of Martinsville furniture like the collection shown on the opposite page. The result? A fabulous go-together look that's inviting all year round.

Isn't that just the kind of plus your home could use?

AMERICAN OF MARTINSVILLE

Suggested retail prices for Plus Chairs, including ottomans, are from $199 to $349 and are available for quick delivery. Plus Chairs shown are (top to bottom) No. 2-317, No. 2-313 (also available in a scaled down "Mrs." version), No. 2-212, and No. 2-214.

Plus Chair and Ottoman shown on opposite page is No. 2-211. Sofa, loveseat and tables are from American's distinctive Hallmark collection.

For color brochures featuring Plus Chairs and many other American of Martinsville living room, bedroom, dining room and occasional groups, send $1 to American of Martinsville, Dept. B-11, Martinsville, Virginia 24112.

For information on where to find the Plus Chair you want, call 800-243-6000 toll-free anytime. In Connecticut, call 1-800-882-6500.

*Registered trademark of Hercules Incorporated for its olefin fiber.

place to display it, hang it on the wall, preferably over a sofa. A variation of this idea—attach a narrow shelf to the wall (about even with sofa back) and set the screen on top. This works well if you have several screens and want to introduce a change of pace by substituting one for the other.

• No need to let those awkward wall jogs jar you day after day when you can easily conceal them. Mask their irregularity with a painted screen or one covered with a distinctive trompe l'oeil wallpaper.

Plagued with unsightly un-



der-window radiators? Camouflage their ugliness with a short four- or five-panel screen and back open panels with fabric to coordinate with draperies.

• Folding screens are a quick solution to the space problem. For example: if two children

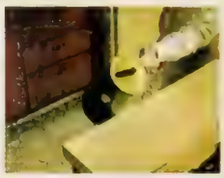


must occupy the same bedroom, you can give each a sense of privacy with a perforated hardboard divider screen on which they can display their numerous treasures.

Or, use a folding screen to partition the dining space in an open living-dining area. Cover the screen with fabric on the dining side to match floor-length table cover; paint the reverse side to pick up a color in the sofa upholstery. ■

Introducing Regal Poly Perk® Automatic Electric Coffee Makers





Coffee makers that won't dent,



whose colors won't scratch off,



that *will* make delicious coffee!

Beautiful, automatic electric Regal Poly Perk coffee makers... they last through a lot of everyday punishment. Four convenient sizes — 2-4 cup, 4-8 cup, 20-cup, 30-cup — and all make delicious coffee. What's more, they're priced right... our popular 4-8 cup model sells for *under ten dollars!* So pick up a beautiful coffee maker that stays beautiful... pick up a Regal Poly Perk coffee maker.

As seen on TV

The crowning touch to any kitchen. Especially yours.

Regal

Regal Ware Inc.
Kewaskum, Wisconsin

Can you teach creativity?

You need not be a creative genius yourself to awaken and develop your child's creativity. If you have hobbies of any type, encourage your child to watch and help you with them. Children are born imitators and quickly become interested in anything "grown-up."

You may be surprised at how fast an interest in cooking, sewing, or even furniture building will develop when you expose your child to it at an early age.

While your child is still small, introduce him to finger painting, water colors, and clay modeling. Assemble some plastic aprons, a card table, and the necessary materials and "art class" can begin. You might be surprised to find yourself as absorbed as your child.

There are many "no mess" plastic-based clays on the market today. They come in colors too, which adds to the fun. And don't forget the supplies you have on hand: scraps of paper, yarn, and fabric are great fun with a little paste or glue. Papier-mâché is easy to mix up right at home; and don't overlook soap-carving.

In the area of water colors, spatter painting is intriguing to children. The paint spatters and pops and looks pretty. Most important, it provides a real creative outlet. The crayon, of course, is a classic creative instrument. Provide your child with a coloring book, or better yet, a supply of plain paper for freewheeling self-expression. To delight the young artist, iron his best crayon drawings into cloth.

There are countless kits you can buy which can also help your child express himself. Wood-burning sets, knitting kits, leather and metal craft kits are interesting, and some of the finished products are actually useful. Take some time to browse in a hobby shop. You'll be surprised and pleased by the variety of kits available. (Make sure you introduce your child to basket-weaving; it helps develop patience.)

Cooking and sewing kits can help little girls learn to perform these tasks on a small scale. When they get a little older, they will move into the kitchen and sewing room with confidence and ease. Boys will find a creative outlet in both model car assembly and miniature building and house construction. There are many sets of this kind on the market.

Christmas is a perfect time, along with birthdays and almost any holiday, to encourage a little creative craftiness. For example, your child will love the idea of using his skills to convey the Christmas spirit. Why not set up shop to make your own Christmas cards this year? Or let him design his own cards and Christmas ornaments.

If his ideas leave something to be desired, suggest something else. If you do it tactfully, he'll probably appreciate your interest. Most of all, balance your suggestions for improvement with praise for his better efforts. Criticism is helpful, but too much may stifle the desire to continue.

In all projects, allow for a little messiness. You'll find this easier to do if you help create the mess by participating in the activity yourself. Once you become actively involved, you'll understand why papier-mâché *has* to get on the ceiling, why water colors *must* get on the walls, and, of course, why glue gets snarled in the hair.

For small children, parental participation is a must. In participating, you can kindle your youngster's interest in the activity, and demonstrate how it's done. You can also keep him from despairing and giving up. What's more, your participation assures the child that the activity is worthwhile. Don't let your child feel that he was given a coloring book to keep him occupied and out of the way, even though it may sometimes be true. No child likes to be shunted off somewhere.

If you have only one child, it is especially important to work alongside him in the early years. The reason: no young child (or adult) likes to create without an audience.

The main thing is to allow your child the freedom to be genuinely creative. Don't make ironclad rules for your youngster. Remember that we don't teach a child to be creative; we only encourage the creativity he has within him. Your child is an individual. Let him remain that way. ■

Only one microwave oven gives you all these features.

The true test of a microwave oven is not just what great food comes out of it. But what great features go into it.

And the Panasonic NE-6700 Microwave Oven offers you a surprising menu of features.



Like our defrosting cycle that thaws a 6-pound roast in half an hour instead of half a day. And it turns on and off at 5-second intervals. So your food won't start cooking when it should be defrosting.



And our cooking chamber won't hold you back from trying almost anything you want. It can even hold a 22-pound turkey with ease.

We give you a 30-minute timer. For the big things like roast goose. And it's specially calibrated. For the little things like hot hors d'oeuvres.





And to give you cooking and defrosting times, we have a built-in Cooking Guide. That lights up at the push of a button.

We even have a full-color cookbook with more than 250 recipes that can be cooked in a fraction of the time it takes with a regular oven. Like 18-minute roast beef au jus. 10-minute pumpkin pie. Even a 30-second hot dog. And you can reheat almost everything quickly, so natural flavor and juices won't be lost.

You don't need special utensils, either. Because you can cook and reheat on almost everything from your best china to paper plates.

The Panasonic NE-6700. You might say its biggest feature is all its features.



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just slightly ahead of our time.

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New uses for old toothbrushes

Don't throw that toothbrush away! Clean away the toothpaste residue and store the brush where it's handy. You'll find dozens of uses for it in addition to the suggestions here.

- Use the toothbrush to clean deeply engraved silver pieces and tableware.
- Use it for tough metal-cleaning jobs, such as polishing brass andirons, trivets, etc.
- Keep a toothbrush hand cleaning marble-topped which may need special ting" with powerful chem Discard the brush after u
- Clean ceramic tiles in rooms and kitchens. A brush is excellent for res grouting to its original co
- Dust pleated lampshades a soft toothbrush.
- Clean out crumbs from the toaster. (Be sure it i plugged before you start!
- Clean the burners on range.
- Bring out the sparkle i mond rings and other je by scrubbing with a tooth
- Keep one near the cleanup sink. The tooth can serve as a nailbrush, cially for washing hands a paint job.
- Store a few toothbrush the home shoeshine kit. O be used to clean mud fro dren's shoes (especially the hard-to-get-at welt), a for applying liquid or past polish. A separate tooth can be kept for each polish used by the family
- Turn a toothbrush into a plicator when you dye purses, and other accesso
- Use a toothbrush for cleaning stubborn stains o lars and cuffs. Keep the handy in the laundry area
- Clean out the crack in with a toothbrush, or use moisten the edges thorough fore applying the new (or spackling).
- Use a toothbrush to antique furniture.
- Keep your golfing gear with the help of a tooth It's great for cleats, golf and club faces.
- For spatter painting, pl object, such as a leaf, on of paper, then flick on th with a toothbrush. Whe item is removed, you h interesting reverse effect.
- Spread glue with a tooth It provides an ideal "tra surface for best-ever gr
- Clean tools after a job. ply rust remover to metal with a toothbrush.
- Use an old toothbrush t your car's battery cables acid corrosion.
- Give lettering pens a th cleaning with an old toot
- When toys are brought i outdoors, supply tooth and let tots handle clean
- If there's a model trai in the house, suggest a brush for cleaning track other vital equipment.
- Keep your tropical fish cile tidy with the help of a brush. It's just the right s cleaning filter tubing, as other tank areas. ■

Give more than just another great after-dinner liqueur.

Vandermint is more. It's a delicious mixed drink. Or a parfait. Or an exquisite after dinner drink.

Imported from Holland, Vandermint chocolate liqueur is whatever you want it to be.

What more could you want? Somebody special to give it to.

1. VANDERMINT CHOCOLATE CHEESE PIE: Cream 3/4 cup Vandermint, 8 oz. cream cheese. Add 1/2 cup milk, 1 pkg. (4-1/2 oz.) instant chocolate pudding; beat smooth. Spoon into 8" chocolate crumb crust: 1-1/4 cup chocolate snap crumbs; 1/3 cup soft butter. 2. VANDERMIST: Pour 2 oz. Vandermint over crushed ice in champagne glass. 3. VANDERMINT ALEXANDER: Shake 2 parts Vandermint, 1 part each gin and cream with cracked ice. Strain into cocktail glass. 4. VANDERMINT & ICE CREAM: Pile scoop of ice cream into dessert dish. Top with Vandermint. 5. VANDERMINT & VODKA (V & V): Pour 1 part Vandermint and 2 parts vodka over cubes in a "rocks" glass. 6. VANDERMINT PARFAIT: Alternate Vandermint and scoops of pistachio, chocolate, coffee ice cream in parfait glass. Top with whipped cream, splash Vandermint. 7. VANDERMINT MOUSSE: Mix in blender 6 oz. semi-sweet chocolate pieces, 1/2 cup Vandermint. Blend. Add 1/4 lb. soft butter (in pieces), 4 egg yokes. Blend. Beat 4 egg whites, 2 Tbsps. confectioners sugar till stiff. Fold into Vandermint mixture. Pour into dish lined with Vandermint-dipped ladyfingers. Chill. 8. VANDERMINT FONDUE: Melt 6 oz. semi-sweet chocolate pieces. Stir in 1 cup sour cream, 1/2 cup Vandermint. Serve warm. Dip strawberries, cookies. 9. DUTCH COFFEE: Pour jigger of Vandermint into cup. Add hot coffee. Top with whipped cream. 10. VANDERMINT STRAIGHT



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ued from page 148

uises

North American ports offer gest number of cruises?

the West Coast, Los Ange- n Francisco, and Vancou- On the East Coast, New Port Everglades (Fort rdale, Florida), and the ort of Miami. San Juan, Rico, is also a major start- int, and there are lots of cities with a smaller choice ises.

hould you go about choos- cruise?

ravel agent's office is the lace to start because travel sell roughly 90 percent of ise tickets and, as a con- ce, are familiar with the gs. Explain in broad out- e kind of cruise you have d—when you want to go, rts of call you want to visit, proximate time and money willing to invest, and so nd solicit the agent's recommendations. You'll probably come away with a thick batch of brochures describing a sizable number of possibilities. It will pay you to examine these brochures rather carefully. To be sure, they're basically sales tools, and thus show everything in the best light, but they also contain the hard facts you'll require for informed comparisons. (Read, in particular, the information in small type.) These brochures often include a large deck plan of the ship, with specific prices linked to every cabin. When you've reduced the number of candidates to a reasonable number, return to the travel agent, ask him anything you still wonder about, and have him check on available space. If the cruise that most appeals to you is not yet filled up, you can make your reservation on the spot. The agent will then supply you with appropriate information about passports and any visas or immunizations you might need if the cruise calls at foreign ports. ■

ee travel literature on cruising

h *Better Homes & Gardens* Travel Services Program, you rite for additional free literature on the subjects described major travel features—such as this month's article on ng, which begins on page 143. Just check the appropriate in the coupon below, paste the coupon on a postcard, and t to: BH&G Travel Services, Box 521, Des Moines, Iowa 3. Allow at least three weeks for the literature to reach you.

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Requests must reach us by April 30, 1974.

Unsightly spot on your favorite sofa?

Don't rub it in. Lift it out.



Wiss shears help Donald Brooks turn design into dynamite.





begins on page 86

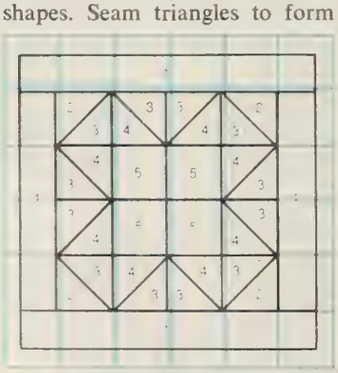
Punchy patchwork

Cafe curtains: page 87

Materials: 45-inch fabric for four 30-inch-square panels—(1) 3 yards orange border print, (2) 1 yard dark green print, (3) 1¾ yards yellow, (4) 1 yard stripes, (5) 1 yard light green print; 3½ yards lightweight white cotton for lining. *Seams:* ¼ inch.

1. Fabric should be washable and all the same type. Choose small-scale prints and preshrink all fabric. If 30-inch-square panels do not suit your window, adjust designs to fit by changing width of border strips or adding pieces to patchwork (or reducing pieces within a patchwork).

2. Cut squares to 3½ inches and triangles to 3¾ x5¼ x3¾ inches, using cardboard patterns for both shapes. Seam triangles to form



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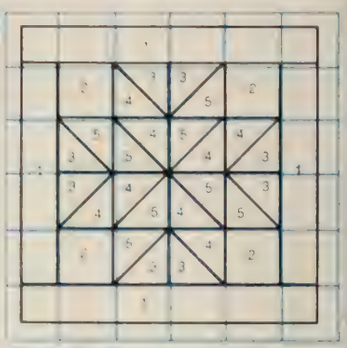
squares according to sketch. Stitch squares together in rows as indicated and press. Stitch rows together into block, matching crosswise seams.

3. Join four blocks into one panel, using 2½-inch-wide strips of border fabric. Join blocks two at a time with a 12½-inch-long strip, then join the two sets with a 26½-inch strip. Press.

4. Cut piece of lining fabric same size as four-block section and baste to blocks. Cut two strips of border fabric 4½x26½ inches and stitch to two opposite sides of block. Cut two 4½x30½-inch strips and seam to remaining sides. Turn border to inside, fold under raw edges ¼ inch and slip-stitch shut. If you like, use top edge of panel as a placket, leaving ends of inside border fabric free to insert curtain rod.

Patchwork pillow: page 87

Materials: 45-inch fabric—(1) border ¼ yard stripes, (2) ¼ yard dark green print, (3) ¼ yard light green print, (4) ¾ yard orange print, (5) ¼ yard solid yellow; 14- or 16-inch-square pillow form. *Seams:* ¼ inch.



1 SQ = 3 INCHES

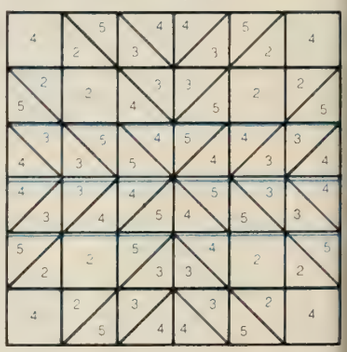
1. Fabric #4 was used to back the pillow. Choose the same basic fabric type (ours is a cotton blend) for all the pieces and preshrink before cutting. Prints should be small in scale.

2. Our squares are 3½ inches and triangles are 3¾ x5¼ x3¾ inches. Make a cardboard pattern for both shapes and use to cut out fabric. For border fabric #1, cut two pieces 2½x16½ inches and two 2½x12½ inches. To make a 14-inch pillow, cut strips 1½ inches wide instead.

3. Seam triangles to make squares, according to sketch, and press open. Lay out all squares in rows, following sketch. Stitch pieces one row at a time and press, then stitch rows together, matching crosswise seams. Press.

4. Stitch border pieces to block as shown. Cut backing fabric same size as patchwork top and seam together on three sides. Turn, press, insert pillow form, and slip-stitch shut.

Chair cushion: page 87



1 SQ = 3 INCHES

Yardage is the same as for pillow except orange should be 1 yard and border fabric is omitted. Make cushion the same way as pillow, except for border, adding patchwork pieces shown in sketch. When the top is sewn, make paper pattern for seat contour and use to cut out patchwork and backing fabric. Stitch top to backing, leaving one side open. Turn, stuff with batting, and slip-stitch shut.



Remember when you and your sister were growing up and you had to share a room? She drew an imaginary line through the center of the floor and dared you to cross it. Yet, once, when it wasn't even your birthday she bought you blue ribbons for your hair. Remember the times she made you giggle? Sometimes she made you cry. But the day she was leaving for college you were afraid you would never see her again. Then she gave you her charm bracelet to hold for safekeeping. Her most precious possession—and you knew she would be back.

Now that you're both grown up with families of your own, you can still be together, any time, by Long Distance.

Long Distance is the next best thing to being there.



"Before Tender Vittles I would have done anything to get my cat to eat..."

I would've climbed the highest mountain. I would've swum the deepest ocean. Now all I have to do is tear open a pouch of Purina Tender Vittles. A delicious moist meal in a pouch. My cat loves all six flavors. They give him all the nutrition he needs... everyday. And there's no mess, no smell.

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begins on page 138

HEART DISEASE

A THREAT TO PETS, TOO

Even then, diagnosing a heart disease isn't simple, due in large part to the versatility of the heart itself. Often an animal with heart disease will not show any evidence of heart failure because of the heart's ability to compensate and adjust to its own imperfection. Although it may be impossible to stop the progress of heart disease, it is possible to eliminate such factors as infections, physical strain, and abrupt changes in heat and humidity which would further damage a diseased heart.

Types of heart disease

Diseases of the heart generally are classified as either *acquired* or *congenital*. In the latter, the defect is due to improper heart development before birth. The defect may or may not be an inherited one—that is, it may or may not have a genetic origin.

Acquired heart disease refers to any cardiac condition that develops after birth, and usually occurs in dogs over five years of age. The most common heart disorder in dogs is chronic valvular fibrosis, where the valves of the heart thicken and do not open and close properly. This interferes with circulation and can lead to many of the signs of heart distress previously described. Interestingly, the incidence of chronic congestive heart failure is two and one-half times greater in male dogs than in female dogs, a statistic paralleling the pattern of heart disease occurrence in humans.

Congenital heart disease is much less common than acquired heart disease. This is partly because many puppies with congenital heart disorders die before they are six to eight weeks old. Statistics indicate that purebred dogs are more than three times as likely to be born with a congenital heart defect than are mixed breeds. In trying to pass the desirable characteristics of their dogs on from one generation to the next, some breeders may unwittingly also be passing on an inherited heart defect. Chihuahuas, poodles, German shepherds and boxers are among the breeds most subject to congenital heart conditions.

Treatment

The major objective in treating heart disease is to stabilize the injured heart regardless of what caused the injury. Surgery can often correct a defective heart and has been successful in cases resulting from heartworm infection. For practical purposes, however, surgery is not usually the treatment of choice for animals with heart disease.

Your veterinarian may use several different types of drugs to stabilize your pet's heart, depending on the type of cardiac disease present. Complementing your veterinarian's prescriptions with your own common sense can help control your pet's heart condition. See that he doesn't exercise strenuously. Make sure he gets the proper diet. Also take him to the veterinarian's for periodic checkups to make sure the medication is getting the desired results. Some typical forms of medication are:

- Digitalis, to strengthen each individual heartbeat and slow down the heart rate within the normal range of about 70 to 160 beats per minute;
- Diuretics, to eliminate the body fluid retention that often accompanies congestive heart failure;
- Low sodium diet, to prevent the accumulation of fluid within the body and to control high blood pressure which can tax an already damaged heart.

Diuretics, and reduced sodium intake are very valuable tools in controlling many forms of canine heart disease. If not properly used, however, they become dangerous weapons. Excessive use of diuretics can lead to dehydration and serious metabolic complications. Similarly, low sodium diets can be harmful if dehydration is already present.

The best way to help a pet with a heart condition is to take him to a veterinarian. While our list of common symptoms may help you recognize heart disease, don't assume the role of your dog's doctor. In dogs as well as people, heart disease is complex and requires the attention and best efforts of a professional. ■

v water ssure: at to do

plagued by inadequate ssure and supply at your ances are the pipes are by mineral deposits. Be- ng the bank for a re- an, try to correct the yourself by following s.

sure all valves—includ- ain valve at the water d the shut-off valves be- avatories and toilets— urned on.

the aerators in faucets, eads, and washing ma- ses. Sediment may be he aerators, causing the ow slowly.

re hot water pressure water pressure. If the r flows more freely than clogged water heater or closed valve may be m. Flushing the tank— g out several buckets of ough the drain valve— the problem. Replace rroded tank.

need to replace the hot er, buy one with a large at least 40 gallons for rs and 60 gallons for its. You'll pay more for t's worth it in capacity r water-heating recov-

k the flow at the sinks, he water at the main disassemble the kitch- throom faucets. A cor- e seat or a faulty wash- lock the flow of water. re easy to replace, and uy a seat grinding tool way pits and corrosion ve seats.

he city water depart- plumber check your ater entrance at the or meter. These pipes ogged with mineral de- at doesn't necessarily the pipes inside your locked, however.

the outside surface of If they are pitted with ts, the pipes may be ut. Pitting can warn uble; a pinhole leak or uld occur at any time sly damage the floors, ngs, and foundation of

resort, have a plumber horizontal pipes within By unthreading a pipe an determine whether pipe is "limed" shut. If t check of other pipes if your house must be

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Wood also insulates 400 times better than steel; 1770 times better than aluminum. Tests made against masonry have shown that a wood frame house can save you money on heating and cooling bills.

If you're in the market for a new home, you owe it to yourself to demand wood. For more little-known facts and a free House Hunter's Guide, write **American Wood Council,** Dept. T, 1619 Massachusetts Avenue, N.W., Washington, D.C. 20036.

A water softener will help extend the life of your pipes considerably by reducing lime buildup. If the pipes are only partially blocked, a water softener should solve many of your problems.

Salt from the softening material you add to the tank reacts with the minerals in the water supply, causing them to be attracted to resin beads in the bottom of the tank. Every two or three weeks, backwash the softener and clean the beads by flushing the minerals out of the tank. As a bonus, soft water cuts down on the amount of soap needed for washing clothes and bathing.



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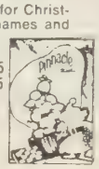
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Buying guide

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

A GREAT HOUSE DESIGN

Page 56-57 (all photos): White tables available at: Crate and Barrel, 1510 N. Wells St., Chicago, Ill. 60610.

Page 58: Dining chairs—Thonet Industries, Inc., 1 Park Ave., N.Y., N.Y. 10016. Carpeting—Armstrong Cork Co., Lancaster, Pa. 17604. China available at: Crate and Barrel, 1510 N. Wells St., Chicago, Ill. 60610.

Page 59: Couches and coffee table—Knoll International, 320 Park Ave., N.Y., N.Y. 10022. Light fixtures—Lightolier, Inc., 346 Claremont Ave., Jersey City, N.J. 07300.

Page 60: Sink—Kohler Co., Kohler, Wis. 53044. Cook top, range, and refrigerator—General Electric Co., Major Appliance Div., Appliance Park, Louisville, Ky. 40225. Butcher block counter tops—John Boos & Co., 315 S. First St., Effingham, Ill. 62401.

Page 61 (top): Couches with built-in bookcase—Knoll International, 320 Park Ave., N.Y., N.Y. 10022. Tile around fireplace—American Olean Tile Co., 1353 Cannon Ave., Lansdale, Pa. 19446. Pillow fabric by Marimekko—Crate and Barrel, 1510 N. Wells St., Chicago, Ill. 60610. (Bottom): Game table and chairs—Knoll International, 320 Park Ave., N.Y., N.Y. 10022. Light fixtures—Lightolier, Inc., 346 Claremont Ave., Jersey City, N.J. 07300.

Page 62 (top): Lighting—Lightolier, Inc., 346 Claremont Ave., Jersey City, N.J. 07300. Bathtub and sink—Kohler Co., Kohler, Wis. 53044. Tile around sink—American Olean Tile Co., 1353 Cannon Ave., Lansdale, Pa. 19446. (Bottom): Washer and dryer—General Electric Co., Major Appliance Div., Appliance Park, Louisville, Ky. 40225. Towels—Spring Mills, Inc., 1430 Broadway, N.Y., N.Y. 10018. Chair—Knoll International, 320 Park Ave., N.Y., N.Y. 10022. Floor lamp—Light Source, 1816 N. Wells, Chicago, Ill. 60614.

Page 63 (left): Sofa—Stendig, Inc., 410 E. 62nd St., N.Y., N.Y. 10021. Television and tape player—Zenith Radio Corp., 1900 N. Austin Ave., Chicago, Ill. 60639. (Top right): Bedspread fabric by Marimekko—Crate and Barrel, 1510 N. Wells St., Chicago, Ill. 60610. Lights—Light Source, 1816 N. Wells, Chicago, Ill. 60614. (Bottom right): Bedspread fabric by Marimekko—Crate and Barrel, 1510 N. Wells St., Chicago, Ill. 60610.

THE COUNTRY FRENCH LOOK

Page 76: *Lit clos* bed cover and wall cover, "Dauphine"; *lit clos* curtains, "Franklin Square"—Waverly Decorative Fabrics, Inc., 58 W. 40th St., N.Y., N.Y. 10018.

Page 77: Draperies and chair cushions, "Rambouillet"—Waverly Decorative Fabrics, Inc., 58 W. 40th St., N.Y., N.Y. 10018. Flooring, "Primitive Hexagon"—American Olean Tile Co., Landsdale, Pa. 19446. All windows—Ponderosa Pine Woodwork, Yeon Bldg., Portland, Ore. 97204. Ceiling beams—Paeco, Inc., 500 Market St., Perth Amboy, N.J. 08861. Fireplace brick, "Lexington,"—Sears Roebuck & Co., 925 S. Homan Ave., Chicago, Ill. 60607. Mantel—Edwin Jackson, Inc., 315 E. 62nd St., N.Y., N.Y. 10021.

Page 80 (top): Bed hangings and skirt, "Pucker Plaid"; pillows, daybed coverlet, and draperies, "Jardin"; wall covering and lining of bed hanging, "Dot"—Bloomcraft, Inc., 295 Fifth Ave., N.Y., N.Y. 10016. Chairs—Bernhardt Industries, Lenoir, N.C. 28645. Fabric on chairs, "Ranger"—Riverdale Fabrics, 295 Fifth Ave., N.Y., N.Y. 10017. Flooring, "Cathedral Plank"—E. L. Bruce Co., Inc., 1648 Thomas, Memphis, Tenn. 38107. Rug—Rosecore Carpet Co., Inc., 979 Third Ave., N.Y., N.Y. 10022. Daybed—Kemp Furniture Industries, So. Center St., Goldsboro, N.C. 27530. Hutch/hunt board, "Chateau Provence"—Thomasville Furniture Industries, Inc., Thomasville, N.C., 27360. Wicker table—Montgomery Ward & Co., 619 W. Chicago Ave., Chicago, Ill. 60... Cups, saucers, and covered casser... "Henri IV"—Spode Inc., 26 Kenn... Blvd., E. Brunswick, N.J. 08856. (Bot... left). Flip-top table, "Cloister"—He... don Furniture Industries, Inc., Mor... ton, N.C. 28655. Bedside table—... Brandt Cabinet Works, Inc., P.O. ... 949, Hagerstown, Md. 21740. (Bot... right): Love seat—Thomasville Furni... Industries, Inc., Thomasville, N.C. 27... Fabric on love seat, "Jardin"—Blo... craft, Inc., 295 Fifth Ave., N.Y., ... 10016. Table in front of love seat—... Brandt Cabinet Works, Inc., P.O. ... 949, Hagerstown, Md. 21740. Lamp or... ble—Chapman Mfg. Co., 481 W. Main... Avon, Mass. 02322. Table next to ... seat—Milling Road Furniture, P.O. ... 1887, Grand Rapids, Mich. 49502.

Page 81: Semaniere, "Bocage"—Hick... Mfg. Co., Hickory, N.C. 28601. Wi... stand—Montgomery Ward & Co., 619... Chicago Ave., Chicago, Ill. 60607.

Page 82 (top): White storage unit, "C... bo"—Beylerian Ltd., 503 E. 72nd ... N.Y., N.Y. 10021. Flooring, "Pres... Place Excelon Tile"—Armstrong ... Co., Lancaster, Pa. 17604. White ... tables—Founders Furniture, Div. ... Thomasville Industries, Box 339, Thom... ville, N.C. 27360. Game table—De... Institute America, 1677 Merch... Mart, Chicago, Ill. 60654. Chairs, "C... ter"—Henredon Furniture Industries, ... Morganton, N.C. 28655. Blinds—Leve... Lorenzen, Inc., 720 Monroe St., Hobo... N.J. 07030. (Bottom): Etagere—Design... stitute America, 1677 Merchandise M... Chicago, Ill. 60654. Torchere lam... George Kovacs, Inc., 831 Madison A... N.Y., N.Y. 10021.

Page 83 (top): Daybed, "Carnaby"—... mons Company, 2 Park Ave., N.Y., ... 10016. Daybed coverlet fabric and ma... ing paper for screen, "Brittany Toile"... F. Schumacher & Co., 939 Third A... N.Y., N.Y. 10022. Rug, "Smart Imag... Mohawk Carpet Mills, Div. of Moh... Industries, 919 Third Ave., N.Y., ... 10016. Cube table—Founders Furnit... Div. of Thomasville Industries, Box ... Thomasville, N.C. 27360. Floor lam... Chapman Mfg. Co., 481 W. Main ... Avon, Mass. 02322. (Bottom): Drape... "Pierro Plaid"—Bloomcraft, Inc., ... Fifth Ave., N.Y., N.Y. 10016. Electr... equipment in armoire—RCA Corp., ... N. Sherman Dr., Indianapolis, Ind. 4...

Page 84: Goblets, "Belmont"—L... Crystal, Inc., Prince & Meade Sts., T... ton, N.J. 08605.

Page 85 (top): Flatware, "Francis ... Reed & Barton, Silversmiths, 144 ... Britannia St., Taunton, Mass. 02780. ... nerware, "Blue Tree"—Lenox Inc., P... & Meade Sts., Trenton, N.J. 08605. ... lets—Rockville International, Inc., ... Fifth Ave., N.Y., N.Y. 10010. (L... left): Flatware, "Stone and Steel"—... by, 4688 Paddock Rd., Cincinnati, ... 45229. Goblets, "Hoffman House"... perial Glass Corp., Bellaire, Ohio 43... (Lower right): Dinnerware, "Prim... Franciscan Gourmet—Franciscan T... Top Fashions, INTERPACE Corp., ... Los Feliz Blvd., Los Angeles, Calif. 9... Flatware, "Fjord"—Dansk Designs ... Radio Circle Rd., Mt. Kisco, N.Y. 1...

PUNCHY PATCHWORK

Page 87 (top): Rocking chair and ta... Ethan Allen, Ethan Allen Dr., Dan... Conn. 06810. (Top right): Dinnerw... "Sprite" Temperware—Lenox Inc., P... & Meade Sts., Trenton, N.J. 08605. ... ware, "Georgetown"—Gorham, 333 ... laide Ave., Providence, R.I. 02907.

PRIZE TESTED RECIPES

Page 103 (left): Plates, "Baronet"—E... ton & Co., Inc., 400 Paterson Plank ... Carlstadt, N.J. 07072. Casserole—C... Inc., 230 5th Ave., N.Y., N.Y. 1... (right): Casserole—Corning Glass W... Corning, N.Y. 14830.

Page 104 (top left): Salt and pepp... Ginori, 711 5th Ave., N.Y., N.Y. 1... (Top right): Tureen—Ginori, 711 ... Ave., N.Y., N.Y. 10022. (Bottom r... Platter—Rosenthal U.S.A. Ltd., 4... 76th St., N.Y., N.Y. 10021. Gravy ... and ladle—H. E. Lauffer Co., Inc., ... 5th Ave., N.Y., N.Y. 10010.

BATTER BREAD: WHO KNEADS IT?

Page 100 (left): Board—Crate and B... 1510 N. Wells St., Chicago, Ill. 6... Knife—Oneida Ltd. Silversmiths, On... N.Y. 13421. Plate, "Caviar"—Mikas... Enterprise Ave., Secaucus, N.J. 0... (right): Casserole—Franciscan, INT... PACE CORP., 2901 Los Feliz Blvd., ... Angeles, Calif. 90039.

CRANBERRY SALADS

Page 127 (top): Salad bowl—Etco In... tries, Inc., 225 5th Ave., N.Y., N.Y. 1... Board—Millard Norman Co., 2688 ... dock Rd., Cincinnati, Ohio 45229. ... Anchor Hocking Corp., Lancaster, ... 43130.

Page 140: Plates, cup and saucer, "E... Sohn Creations"—Etco Industries, ... 225 5th Ave., N.Y., N.Y. 10010.

rings

r bottle—and even dis-lastic gloves. Be sure to . Then the next day, if no reaction, pour the oo into the developer it. Squirt the resulting nto your hair, spread-uid with the applicator ther up, wait 15 or 20 rinse, shampoo with ar shampoo and you're re's only one catch—-up on growing roots. for some products sug-ust repeat the process r roots show. This is people with normal, ir since these tints con-itioners to counteract tear on your hair. But ir is brittle, extra long, ented, look for a prod-d for roots-only touch-

new sparkle to your nd in some gray with-to a lighter shade, try *semipermanent sham-*You'll need to patch-nce most of these con-anic dye but they lack de developer, so they rate your hair shaft to xtent as oxidation col-olor coating looks very l washes out gradually r five shampoos.

haven't tried tinting but think a change of l do you good, be sure r new shade with care. hould be in the same our natural color but les lighter. If you have reme change in mind, our new shade will be with your eyes and . And remember the he chart show the tints light brown hair, so ook considerably dif-ours.

ng permanent waving ; can sometimes dull sheen. To avoid this onal help. Special so-inted hair, and metic-tion to hair porosity pment time, ensure . But you should wait o weeks before you r wave newly tinted u can curl your hair week, and then tint. your tinted hair to y and nice to touch. yaway, strawlike, or a good conditioner in protein and acts t. And don't let sun-sh chemicals—chlo-water, strong sham-your tint away. Keep locks covered on the he pool. ■



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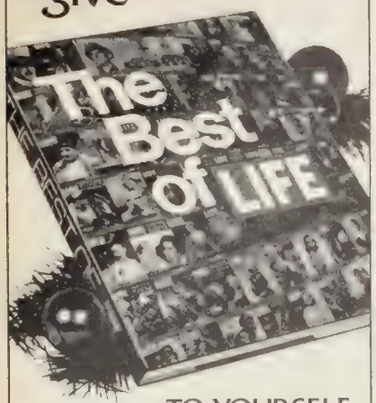
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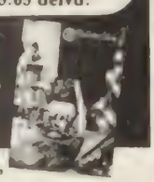
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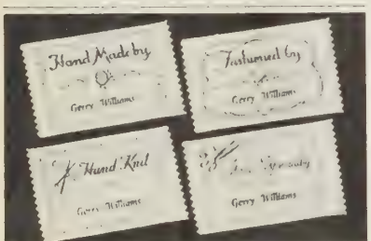
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Include Zip Code, Money Back Guarantee

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Better Homes

Shopping editor's choice

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By Nina Doreson



Memory box

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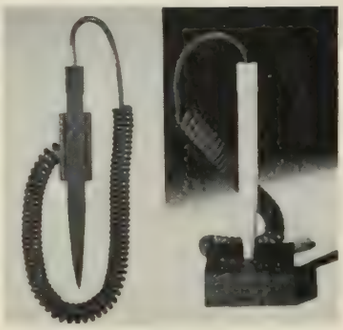
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e sturdy chests have hinged and handles. Decorative, ven- d, ideal storage space. Easy to n, just spray with water. Use as seats, end tables etc. 20"L " x 14", $14.45 + $1 post., x 16" x 16", $16.95 + $1.75 , 28"L x 17" x 17", $20.95 + post. Catalog 25c. Fran's et House, 89 W. Main St., away, N. J. 07866.



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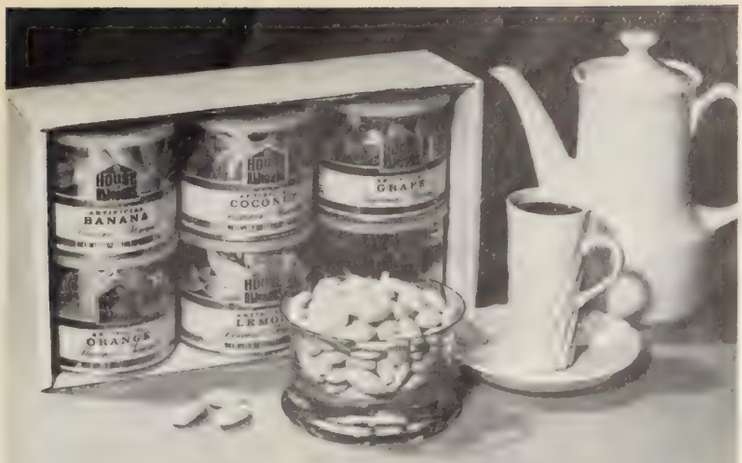
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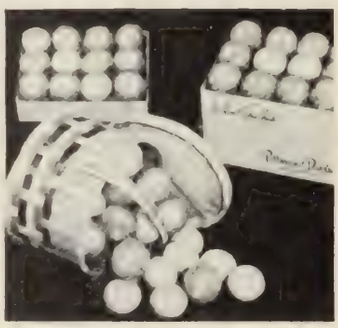
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Engraved with your birth-date. P sonalized to gather the entire fan under the tree. Merry Christn bells are gold-plated metal and c tom engraved. Have one for ea child. Unbreakable. 3" long. P name and year of birth. #11 $1.00; 4 for $3.75, 12 for $9 Plus 25c post. Lillian Vernon, De HX3, 510 S. Fulton Ave., Mt. Vern N. Y. 10550.



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These large, luscious beauties individually wrapped and gua teed. Send gift list now, pay voice in Jan. In beautiful Mex bamboo baskets: half bu., $ full bu., $12.95 ppd. In attra carton, without basket: half $7.90, full bu., $11.50 ppd. oranges if requested. Order Pittman & Davis, 896 N. Harlingen, Texas 78550.



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Give your pet a gift this yea name plate for his "front d Ideal for stables and tack ro black enamel background bake aluminum. Resists weather stable corrosion. Raised, whit ters (up to 17) reflect light. C SWR. $3.95 each plus 55c pos Spear Engineering Company, Spear Building, Colorado Sp Colorado 80933.

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g five pairs of slacks in the e one pair takes up. Each er rod locks in place, but gs open at a touch. Slacks wrinkle-free. Chrome-plated rods have ribbed rubber tub- on each bar to prevent creas- Z-58628X, $3.98 each; 2 for 3; 4 for $12.98. Plus 50c age. Hanover House, Dept. 0, Hanover, Pa. 17331.



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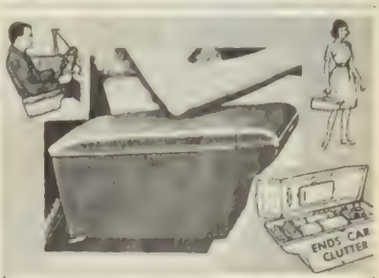
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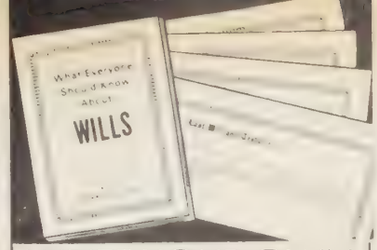
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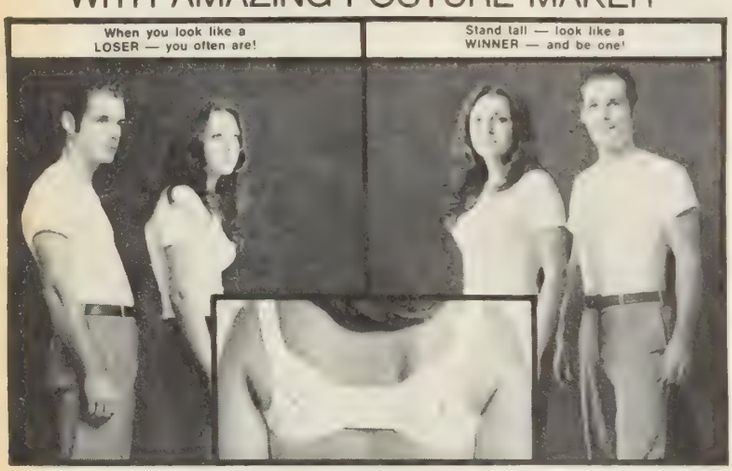
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ONLY $3.98 — Introductory offer! Posture Maker is gently stretchable, completely washable, softly lined in Helanca, and virtually undetectable under clothing. Adjustable — one size fits all.

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SAVE $1.00: 2 Posture Makers for only $6.98 plus 50¢ postage and handling.

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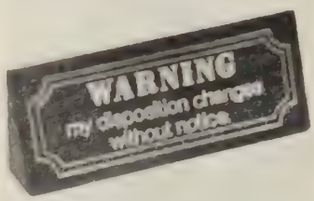
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For a limited time only, baby's first shoes are gorgeously plated in solid metal for just $3.99 a pair. Aso available: portrait stand (shown), bookends, TV lamps—all at substanial savings. Perfect gift for doting grandparents. Send no money; write for full details and money-saving certificate. American Bronzing, Box 6504-L2, Bexley, Ohio 43209.



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Give warning

That you can change your mood without notice. It's a perfect gift for bridge prizes, house warming, birthdays, etc. Made of soild oak, rubbed walnut engraved in silver lettering. 24-kt. gold border highlights the wording. Measures 4½" x 2". $1.45 each; 3 for $3.95. Plus 55c postage. Spear Engineering, 3036 Spear Building, Colorado Springs, Colo. 80933.



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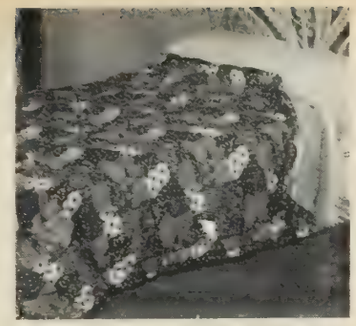


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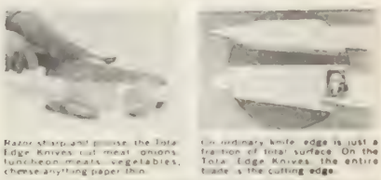
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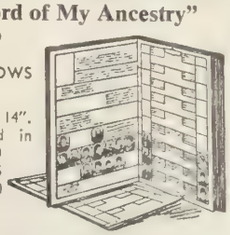
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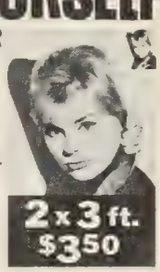
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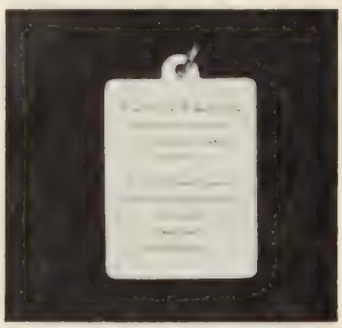
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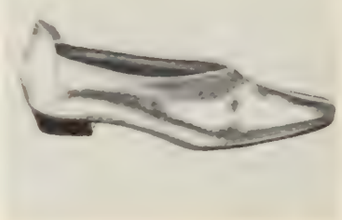
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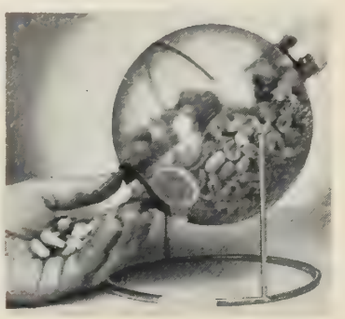
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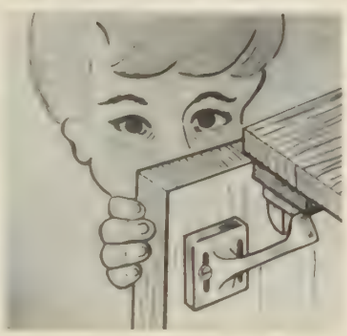
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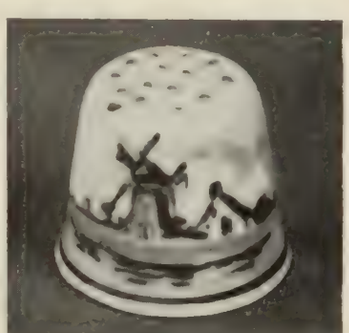
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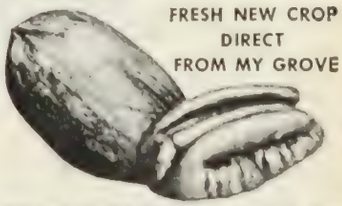


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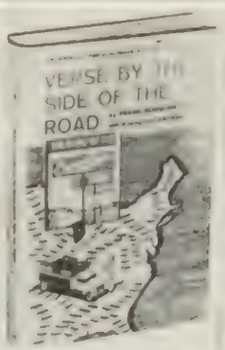
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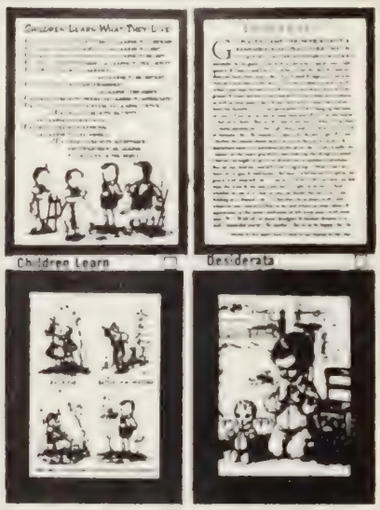
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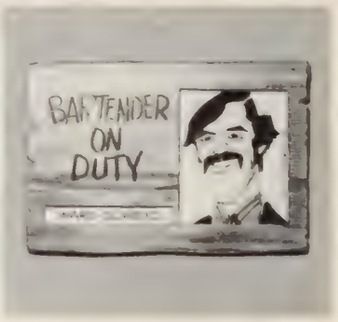
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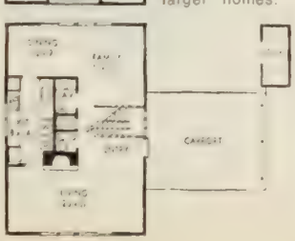
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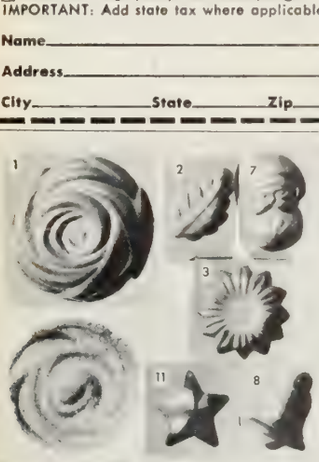
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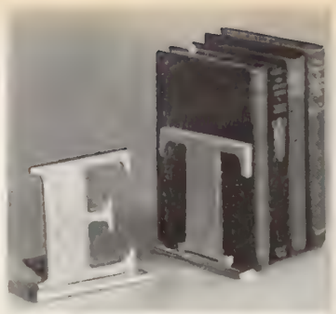
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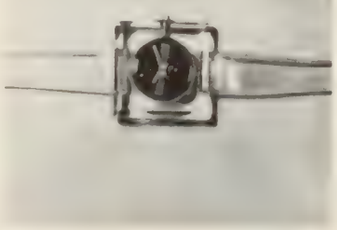
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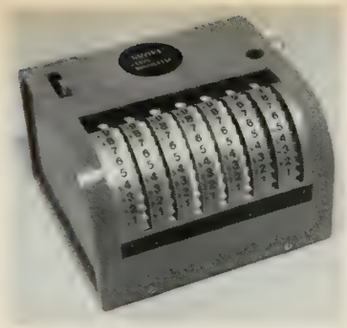


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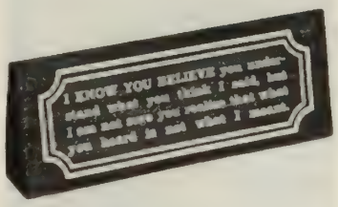
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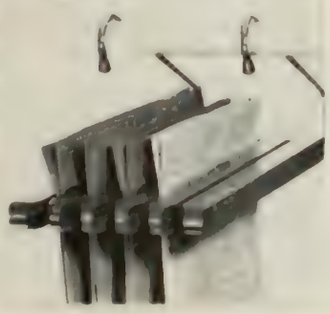
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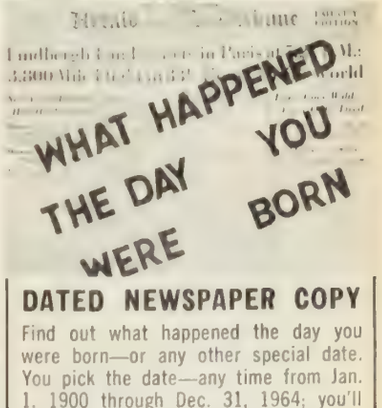
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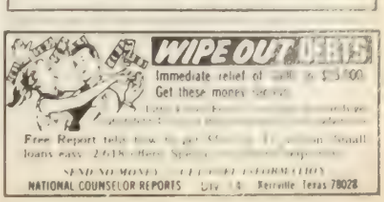
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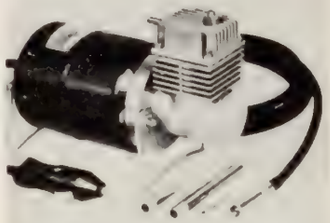
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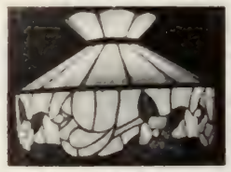
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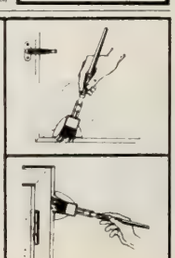
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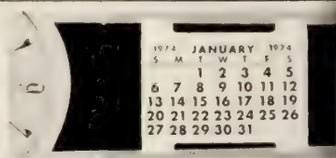


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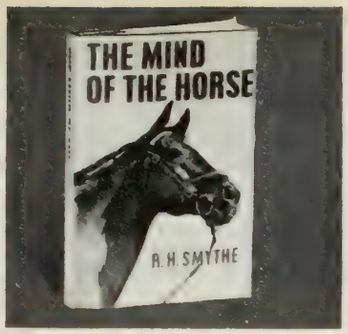
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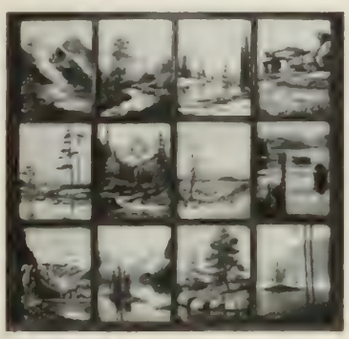
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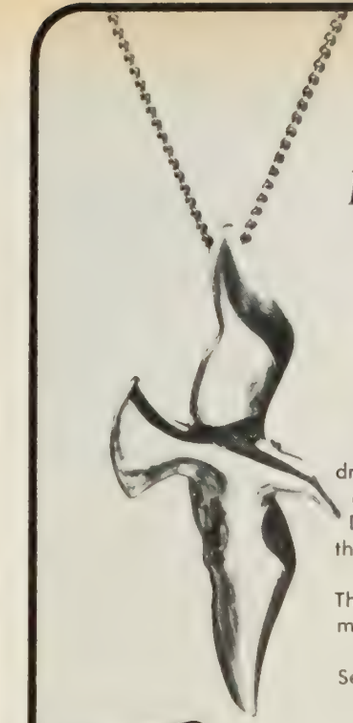


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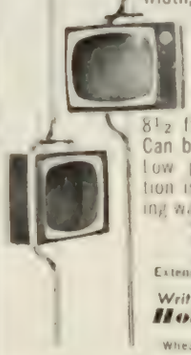
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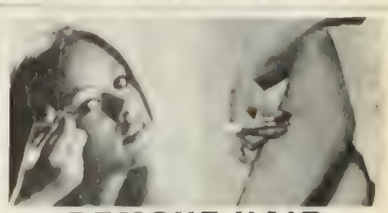
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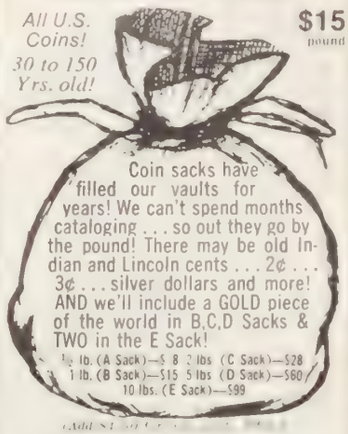
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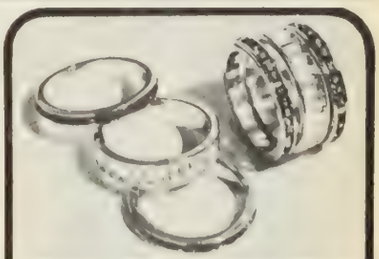
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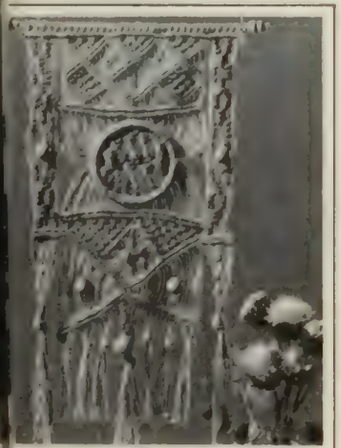
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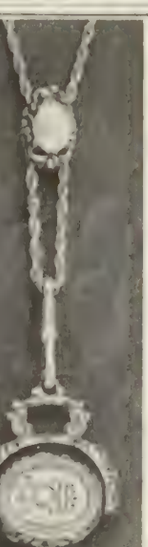
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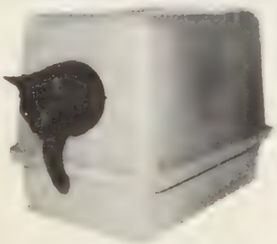
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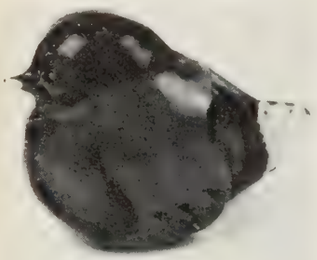
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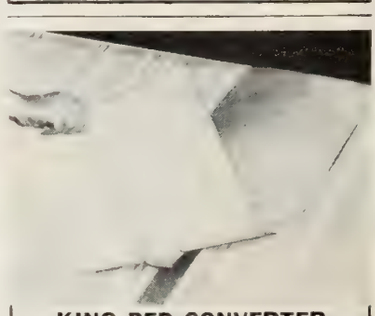
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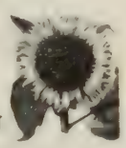


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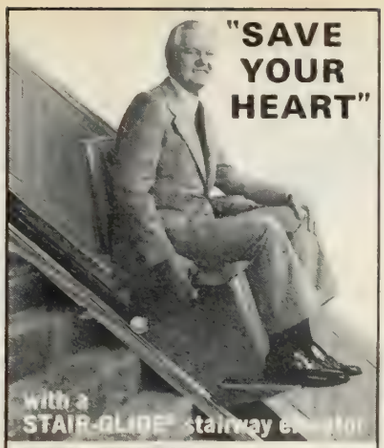
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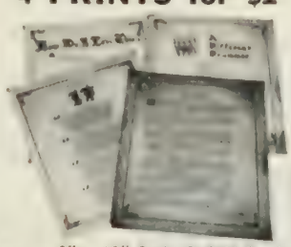
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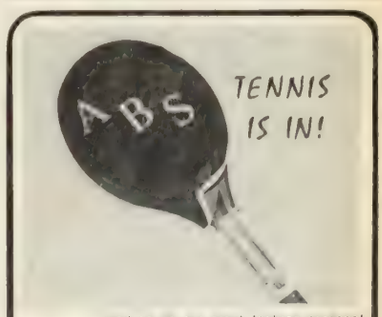
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The man next door

Our prize for the most up-to-the-minute car accident goes to a Volkswagen driver who sideswiped a Cadillac trying to get close enough to hear its eight-track stereo.

A nearby school district is considering early dismissal of classes when the children show exemplary deportment during the day. That must be the newest form of "time off for good behavior."

Ted Fleming's son just ended a hitch in the Navy as a cook. He wants to call his experience, "The Eggs and Ayes."

"No two boys are alike," Rosemary declares. "Each new one you meet is even more impossible than the last one you dated.

Uncle Dodd commented that some politicians are natural comedians. "They spend infancy putting their feet in their mouths and everyone laughs. Forty years later they're doing the same thing and people laugh even harder."

As the world keeps providing all of us with challenges and temptations, it would seem that responsible parenting has become a job of making sure that you know where your children aren't.

Congressman Nick Hanfli says a political pundit is a man who translates thoughtless words into wordy thoughts.

Strange things happen to people toward the end of a crash diet. Dot Woodleigh swears she opened her refrigerator one afternoon and a cold pork chop said, "Forget it, baby!"

Turning yourself into your boyfriend's type is hard work, Rosemary complains. Especially if you happen to hate barbells and repairing old-model cars.

Our Judy's teacher, Miss Thomas, was asked who holds the best attendance record at her school. "Spaghetti," she said. "It hasn't missed a PTA supper in 36 years!"

Experts say it would save a lot of gasoline if motorists on the highways would lower their average speed from 60 to 50 miles per hour. Uncle Dodd Buckner is puzzled, however, over "how we're going to get people down to 60."

Judy, ten, believes Thanksgiving Day is one of the most fabulous American celebrations. After all, she asks, when else do you get a four-day weekend from school for a single holiday?



"Give your mother an idea for dinner before she freezes to death."



"Sure, I seem stupid to my teachers. They're all college graduates!"

There's a new condominum project under construction on the vacant field near our neighborhood. The word "condominium" caused some misunderstanding until Bill Norman cleared things up. He explained that the project is "sort of a commune for middle-aged people with money."

"The most remarkable thing about our three branches of government," declares Congressman Nick Hanfli, "is that they provide a wonderful system of checks and balances—and someone else to blame for all the problems."

I recently came across a list of rules that Christine had typed out for the children last summer, when they were beginning to have their friends in for weekends, vacations, and three-week stretches. It went like this:

Kitchen: 1) All persons preparing snacks are responsible for washing dishes and putting them away. 2) Table is to be left clean. 3) Spills are to be wiped up thoroughly. 4) Do not preheat skillet on high flame. 5) All telephone messages are to be posted on message board. 6) A running grocery list will also be posted.

Bathroom: ————.

"What happened with the bathroom," I asked.

"I never got around to the bathroom," Chris murmured. "And I never posted the list. I wrote it one day when the temperature was over 90, and I resented not having enough time just for myself.

"But then I realized," she said, "that the fun of knowing the children's friends made up for the inconvenience. And besides, it all evened out. They'd be gone for three or four days at somebody else's house, and I would get a rest while somebody else was having all the fun. I suppose most of all I realized that I wasn't cut out to be a list-maker. When it came right down to it, I guess I figured the presence of kids was more important than the absence of clutter."

Burton Hillis

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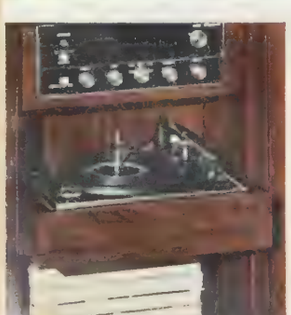
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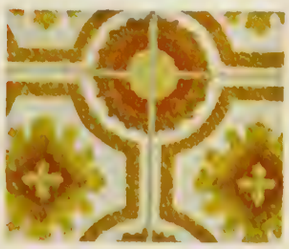


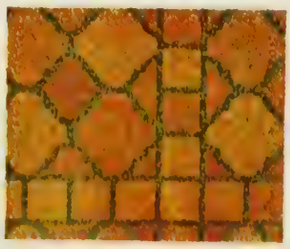
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PERSONAL VIEW

This is the fifth in a series of occasional essays that express a uniquely personal view of home or family. Readers are invited to submit manuscripts for consideration in the series.



The Christmas Hitchhiker

by Joan D. Lee

Now and then someone in the family asks, "Remember the Christmas we picked up the hitchhiker?" It's a hazy memory, like a dream, but bits and pieces come back.

It must have been December of 1942 or '43. I remember there was a war going on somewhere, for some reason. To a six-year-old girl growing up in a little south Georgia farming town, the "war" was something the grown-ups grumbled about as they counted out ration stamps in exchange for sugar or gasoline. I knew that the war was in some way responsible for the anxiety I saw in their faces and that it had cast a shadow of fear across the entire nation.

Yet, underneath the grumbling and anxiety, I also sensed a spirit of brotherhood that the whole town seemed to share. Call it patriotism if you will. Whatever this "war" was, we were all in it together. It was exciting and a little frightening to be a part of something that kept the adults clustered in groups on the sidewalks or gathered around the radio at night waiting for the latest war news.

If this particular Christmas morning was like others I remember more clearly, the soft-rolling Georgia countryside was dotted with brown and red fields of corn stubble and straw. Peanut stacks, like Indian teepees, sprawled beside the road, and here and there a few wisps of cotton clung to dry, withered stalks. Under an overcast sky, the day was cold and gray and dreary. My parents, my four-year-old brother, David, and I were driving some 18 miles to another, even smaller, farming community to have Christmas dinner with my grandparents.

I suppose he stood by the roadside, his hand held up in the familiar gesture of the hitchhiker. There were many servicemen along the roads those days and to pass one by would have been unpardonable. He might have been the boy down the street, a nephew, brother, or son. I'm not sure now why he was hitchhiking on Christmas morning; only that my father brought our Model A Ford to a halt, and a strange, crew-cut soldier was suddenly scrambling into the backseat beside me. I remember he was tall and skinny with very long legs which he tried to fold around a small duffel bag. He must have been very young and not at all shy for within a few moments he had accepted my father's spur-of-the-moment invitation to have Christmas dinner with us. Just so long as he got back to Ft. Benning, Georgia, before midnight when his pass expired, he stipulated.

If my grandparents were surprised to see a strange young soldier emerge from the car with us, I'm sure he never knew it. He was immediately drawn into the family circle by my grandfather's firm handclasp. After a grandmotherly inspection, David and I raced off to the barn to look for my grandfather's hound dog, Dido, and to see if Kitty Mama had a new litter of kittens. The cold soon forced us inside, however, where we sprawled on the living room rug in front of the open fireplace, our cheeks and noses glowing. For a few moments we were content to bask in the warmth of the fire and to sniff the delicious aroma of baked turkey, pine, apples, cedar, and burning oak that filled the house.

The soldier had settled in an easy chair near the fire, his long legs at last stretched out to their full length. He seemed, somehow, to belong there, as he held out his hands toward the flame, toasting first one side of his body and then the other. Like a Christmas puppy, he made himself immediately at home. Within a matter of minutes he had scrambled under the lower branches of the Christmas tree with David and me where he helped us examine and shake the exciting packages hidden there.

His easy banter with my mother and grandmother soon had them flushed and laughing like girls. It was impossible not to respond to his quick laugh and his good humor. As the day wore on, the war was forgotten and the timeless magic of Christmas took possession of the house.

Before dinner, our guest wandered into the kitchen where he lifted potlids and sniffed the delicious aroma that escaped from under them. Soon he was back in the living room tossing fresh logs on the crackling fire, his laughter filling the room.

At the dinner table, my grandmother seemed determined to fatten him up on the spot. At her persistent urging, he ate as though his long legs were hollow, and I watched, amazed by the amount of food he put away. All the while he kept up his cheerful patter, punctuating his sen-

continued on page 39

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A frank discussion about the limitations of bathroom tissue.

For one thing – it's dry.



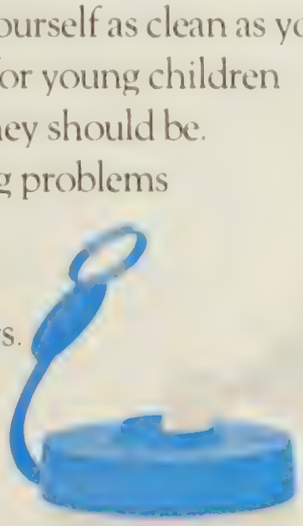
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HOW TO GET MORE HEALTH COVERAGE—FOR LESS

Your son falls off his minibike and breaks his leg. Your daughter has one sore throat after another, complicated by ear infections and fever. Your spouse has those funny chest pains most evenings after dinner; it could be indigestion but then it also could be a heart problem. And you're more than a little queasy when you think of the drain your family's medical expenses are placing on your wallet. In fact, this latest series of illnesses and injuries probably will ruin the family budget.

Such worries don't bother eight million Americans. They belong to Health Maintenance Organizations (HMOs).

How would belonging to an HMO help?

Members of HMOs purchase their out-of-hospital and in-hospital care—everything from routine checkups to major surgery—with a fixed prepaid annual fee. HMOs don't create new health services for you, but they do reorganize those that already exist to help serve you better.

Of course, most Americans (four out of five) are now covered by some form of health insurance. But what they actually have is "sickness" insurance; they must be ill, injured, or pregnant, and—in many instances—hospitalized, to receive benefits. Not so with HMOs.

What else is different about HMOs?

The HMO brings an organizing concept to medicine, as President Nixon explained in his 1971 message to Congress on health: "Rather than forcing the consumer to thread his way through a complex maze of separate services and specialists, it [HMO] makes a full range of resources available through a single organization—often at a single stop—and makes it more likely that the right combination of resources will be utilized."

Another HMO idea is that, having paid in advance for your health care, you won't hesitate to see the doctor about a minor ailment. By treating your problems—and those of other patients—before they become serious, time-consuming, and expensive, the doctor can see more patients and the cost, per patient, is lower. In this way HMOs attempt to focus on preventive medicine; that is, on maintaining health. By elevating concern for the prevention and early detection of disease to a level at least equal to that of treatment of acute illness, HMOs may—according to some supporters—change the direction of American medicine and lead to better health for more people.

Who operates HMOs?

HMOs vary widely in their sponsorship and financing mechanisms. They may be organized and run by doctors, community groups, insurance companies, labor unions, governmental units, even companies whose "business" is HMOs.



An HMO may be operated for profit or not-for-profit; it may be associated with a hospital, a university medical center, or sometimes even an independent community health organization.

Are HMOs new?

HMOs aren't new at all. The Ross-Loos Medical Group in Los Angeles (now marketed by Blue Cross of Southern California) was started 44 years ago and has 142,000 subscribers. The size of HMOs ranges from Kaiser-Permanente Medical Care Program of California, which has 2.5 million members and owns 23 hospitals and 58 medical offices, to Rural Health Associates of Farmington, Maine, which is just getting started with 2,500 members.

What *is* new is the public interest. Of the nearly 60 HMOs now in existence, about 15 were started in the past year. Now before Congress is a variety of legislation, all designed to give some degree of support to HMOs. Yet laws in some 15 states virtually ban HMOs, and the idea is just gaining grass roots interest in others.

How much does a typical HMO cost?

The Columbia (Maryland) Medical Plan, affiliated with the Johns Hopkins Medical Institution in Baltimore and cosponsored by Connecticut General Life Insurance Co., charges $68 a month for a family of two adults and one or more children. For most members, employers pay a large portion—half or more—of this sum, leaving the average family an annual premium of $288. The fee covers outpatient care—such as visits to the "primary care" doctor and to specialists, lab tests, X rays, emergency care, eye examinations and prescriptions, immunizations, injections, and periodic reviews. There is a "gate charge" of $2 a visit for any or all services, but there is no limit on the number of visits family members may have.

Drug prescriptions cost $2 each at the HMO's own pharmacy. Visits to a psychiatrist cost $2 each for the first 15 visits in a calendar year and $10 for each visit thereafter in that same year.

There is no charge at all for hospital care, including intensive care facilities, surgical procedures, private duty nurses when needed, blood transfusions, and all other services and supplies.

Members do pay $100 for maternity care—a fee which includes pre- and postnatal care for mother and baby.

Home visits are provided as required with a charge of $5 for the first visit and $2 for each additional visit for the same illness. Ambulance service is free.

Provisions are also made for long-term care in a nursing home, mental institution, or at home.

Should a member require emergency care away from home, the HMO will pay the first $2,000 of his medical expenses and 80 percent of whatever is left.

The Plan does not provide for cosmetic surgery or dental care—unless necessitated by an accident requiring hospitalization. It also does not pay for eyeglasses or hearing aids.

Started in 1969, the Columbia Plan now has 14,500 members. Coverage and costs are similar to those at other HMOs around the country, among them The Group Health Cooperative of Puget Sound in Seattle (175,000 enrollees), the Health Insurance Plan of Greater New York (750,000 enrollees), the New Mexico Health Care Corporation in Albuquerque (9,000 enrollees), and the Group Health Plan of Minneapolis (50,000 enrollees).

The annual out-of-pocket cost for the typical family in the Columbia Plan is $358. A recent study compared the cost of belonging to the Columbia Plan to having typical insurance and to having high-coverage insurance with provisions for some ambulatory care. For the average U.S. family —two adults and 1.9 children—membership in the HMO means savings of $169 a year.

Two long-term studies—one a seven-year study of 3,200 Southern California families and the other an eight-year study of federal employees and their dependents —also showed medical expenses lower for families in HMOs than for those covered by other health insurance.

Do HMO users get high-quality care?

That Federal Employees' Health Benefits

continued

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What we're saying may be hard to believe.

But the way we figure it, even if you don't believe some laboratory tests, you can't help but believe your own body.



You'll be drier. We're Sure.

continued

How to get more health coverage for less

Program study revealed 429 days of hospitalization yearly per thousand enrollees in prepaid group-practice plans, compared to 934 days for those covered by indemnity insurance. Even more startling is the comparison of in-hospital surgical procedures: The Blue Shield tonsillectomy rate was 150 percent higher than HMO's. For all surgical procedures, HMO members had less than half the Blue Shield rate: 34 per thousand compared to 75 for Blue Shield.

Observes Dr. Gordon K. MacLeod, director of the federal government's Health Maintenance Organization Service, ". . . comparative studies . . . strongly indicate that prepaid group-practice plans . . . clearly reduce unnecessary hospitalization and elective surgery without sacrificing the quality of care."

HMO members have also been shown to have fewer premature births, fewer infant deaths, and fewer deaths among the elderly than do members of traditional health care systems, according to some studies.

The President's National Advisory Commission of Health Manpower in a 1967 study of medical care in Southern California concluded that "the quality of care delivered by Kaiser is equivalent, if not superior, to that available in most communities."

Any legislation that is passed by Congress supporting HMOs probably will include provisions for quality control. For example, the bill sponsored by Senator Edward Kennedy proposes the establishment of an independent Commission on Quality Health Care Assurance.

What are the disadvantages?

For many people, the primary disadvantage is that you cannot select any doctor in town to treat you or a member of your family, but must go to doctors on the staff of the HMO. There you would be assigned an HMO doctor, who would then coordinate your health services within the HMO, picking the specialists you might see, ordering the services you might need. Should you go to a doctor not on the HMO staff, you'd have to pay for his services out of your pocket.

There are other drawbacks, too. Many HMOs have long waiting times for routine office visits,

"Our RCA color set has been good all along–since 1956."

Mr. and Mrs. William Lustig, Brooklyn, New York.



Old Reliable.

Actual closed-circuit recep

The Lustigs were delighted when we asked how they've enjoyed owning one of the first RCA color TV sets. "This set is our baby," beamed Mrs. Lustig. "It's always worked fine . . . we've watched it a lot over the years," commented Mr. Lustig. "Very few repairs," added his wife.

It's always nice to hear good things about our color and our reliability. To get an expert opinion on the latest RCA achievement—the XL-100s, we showed our portable 15″ diagonal XL-100 to a TV director in Hollywood, Mark Warren. Mark has worked on many television programs. He says about the XL-100, "Quite sharp, brightness is very good on it."

In a studio, technicians "paint" the TV picture electronically so the best possible color can be transmitted to your set at home. Mark says it's frustrating to spend hours getting a decent picture and not be able to see it when he gets home. With this XL-100 portable, Mark says he gets, "the closest reproduction of my work that I have seen home."

Part of the reason is the RCA AccuLine picture tube system—designed for solid state color portables



AccuLine picture tube system

It has a simplified des that results in pictures with brilliant color, hig contrast and sharp de tion. Mark likes the ea AccuMatic IV tuning a "...you get a sharp, bright picture wi the preset tuning." That's because a

This RCA XL-100 –"is very close to the color we get on the studio monitor."

Mark Warren, TV Director, Hollywood, Cal.



New Reliable.

sets above, photographed separately under controlled lighting. XL-100 portable shown, model ES354.

ch of the ACM button automatically ngs color, tint, brightness and con- st within a normal range. As Mark s, "It's a no-fuss, no-bother set!"

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Mark Warren is one of the many TV fessionals who own RCA color TV. *e truth is, based on recent nation- e samples, more top TV cameramen, re TV chief engineers, more TV ectors and more independent TV vice technicians own RCA than any er color TV. And more people own RCA XL-100 than any other solid state color TV.*

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RCA is color you can count on.

THE NEW XL-100

RCA

for example, and for non-urgent surgery.

It also may be difficult to get into the group of your choice. For example, Intergroup Prepaid Health Services, Inc., of the greater Chicago area, contracts only with employee groups. Its membership includes only employees of the Illinois Bell Telephone Co., AT and T Long Lines (Chicago area), CNA Financial Corp., Modern Drop Forge Co., and a local janitors' union. (On the plus side, however, two members of the janitors' union recently had open-heart surgery—all at no extra cost beyond their monthly Intergroup premium.)

Is there an HMO in your future?

The lack of trained health personnel may be the biggest impediment to the wide-scale establishment of HMOs. Needed are not only physicians (one for every 1,000 enrollees is the present estimate), but also a total health-care team—nurses, physician's assistants, aides, therapists, dietitians, family-health instructors, laboratory technicians, and medical record librarians. Business managers and administrators also are essential.

Then, too, it's not entirely clear whether HMOs can work at all in a thinly populated rural area, or in an urban ghetto situation. Surprisingly, all existing HMOs serve middle-class populations.

Cost is another factor: the government's HMO Service estimates that $3 million must be spent on planning, development, physical facilities, and salaries before the first patient can be seen. It also is thought that 20-30,000 enrollees are needed before the HMO can break even.

The American Medical Association sees the HMO idea as "experimental and unproven." Still, the government, industry, unions, and health insurance companies seem prepared to invest heavily in HMOs. Blue Cross now has 36 HMOs in operation covering more than one million subscribers, and plans to have 280 HMOs going by 1980—enough to make the HMO option available to 90 percent of its policyholders. And the American Hospital Association recognizes the HMO and similar concepts as "essential ingredients in an emerging new health delivery system."

Few people believe that HMOs should—or will—entirely replace fee-for-service financing of doctor and hospital costs. Yet many agree that it would be good if HMOs were more widely available, so that families can make their own choice. ■

(Written in cooperation with Lynne Lamberg.)



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Start with whole spice

Next time you cook with spices, take a new route. Instead of using the familiar, pre-ground kind, try an alternative—whole spice. You'll be pleasantly surprised by its fresh scent and flavor. Look for handy gadgets to make crushing or grating easy. To grind nutmeg, use either a rounded metal grater or a mill resembling a pepper grinder. Crush allspice and shelled cardamom in a mortar and pestle or use a blender if you have a large amount of spice.



APRICOT ALLSPICE COMPOTE

10 to 15 whole allspice
1 20-ounce can pineapple chunks
1 17-ounce can apricot halves
1 tablespoon cornstarch
Dash salt
1 tablespoon lemon juice
1 8-ounce carton lemon-flavored yogurt

Crush whole allspice with mortar and pestle or between folded waxed paper to get ½ teaspoon crushed spice. Drain canned pineapple and apricots, reserving syrups. In saucepan, blend together cornstarch, crushed allspice, salt, and reserved fruit syrups. Cook and stir till thickened and bubbly. Add lemon juice. Stir in apricots and pineapple. Chill. Spoon into 8 sherbet dishes; top each with about 2 tablespoons of lemon yogurt. Sprinkle with additional freshly crushed allspice, if desired. Makes 8 servings.



SCANDINAVIAN SUGAR

Sprinkle some on toast, fruit salads, or hot cereal—

4 inches stick cinnamon
3 whole cloves
1 cardamom pod, shelled (4 seeds)
½ cup sugar

In blender container, place cinnamon, cloves, and cardamom seeds. Blend till well-ground, about 25 to 30 seconds. Add sugar, blending just till well combined. (Or, grind spices with mortar and pestle till well-ground. Stir in the sugar.) Makes ½ cup.



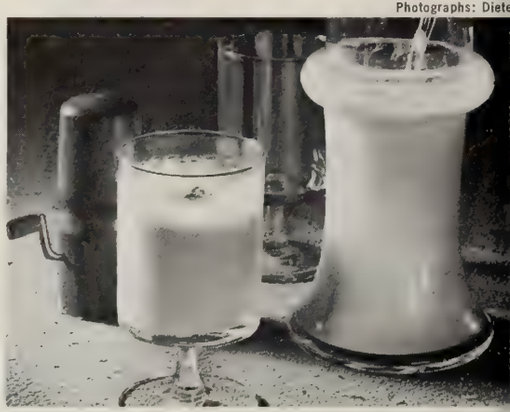
POMANDER BALLS

Orrisroot adds pleasant spicy fragrance. You'l find it in the spice section of your supermarke or at the pharmacy—

1 *each* thick-skinned lime, lemon, and orange
3 ounces whole cloves
1 tablespoon ground cinnamon
1 tablespoon orrisroot

Wash fruit and wipe dry. Using a skewer t start holes, insert whole cloves in skins, cover ing the entire surface of the fruit. Mix cinna mon and orrisroot and put a heaping teaspoo in a small bag along with one of the fruits Shake bag to coat fruit well. Repeat with re maining fruit. Wrap loosely or place in a foil covered tray or basket. Store in dry place til fruit shrinks and hardens, three to four weeks turning every few days. Tie pomander bal with colored ribbon and hang in closets o storage bags. Makes 3.

Photographs: Diete



BRANDY MILK PUNCH

¾ cup brandy
2 cups milk
¼ cup powdered sugar
3 tablespoons anisette
½ teaspoon freshly grated nutmeg
1 egg white
4 ice cubes
½ teaspoon vanilla
Freshly grated nutmeg

In blender container, combine brandy, milk powdered sugar, anisette, the ½ teaspoon nutmeg, egg white, ice cubes, and vanilla. Blend till frothy. To serve, pour into tall glasses top each serving with more freshly grated nutmeg, if desired. Makes 5½ cups.

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SMART WAYS TO SAVE ON TAXES NOW



If you take time right now to plot your course and act accordingly before the year's out, you may find you can save money on taxes both this year and the next. The primary reason is that you may have some options about how deductions are distributed within the two-year period.

The *standard deduction* is the key to your possible savings. That's the amount the law allows you to subtract from your income if you choose to, instead of deducting specific expenses (itemized deductions) such as medical costs and interest payments. Under current law, the standard deduction each year for 1973 and 1974 is $2,000 or 15 percent of your adjusted gross income, whichever is less.

What you want to discover is whether your itemized deductions will add up to more or less than the standard deduction. If they're more both in 1973 and 1974, taking the standard deduction would cost you money; you should itemize. Your prime concern is to see that—if at all possible—your deductions are greater in the year that your income is higher. Say you anticipate a raise next year. There are ways to delay deductible expenses until after December 31.

On the other hand, if your itemized deductions are less than the standard figure for each year, there's nothing you can do. Even though your actual deductible expenses add up to no more than a few hundred dollars, you can take off up to $2,000 as a standard deduction, depending upon your income range. If you're in the 25 percent bracket, that $2,000 will save you $500 in taxes.

To itemize or not?

Many families don't have a clear-cut picture: Itemized deductions and the standard deduction aren't that far apart. If that's your situation, there may be considerable juggling you can do.

The strategy is to move as many deductible expenses as you can from one year into the other, and take the standard deduction for the other year. Presumably, itemized deductions are minimal in that other year, since you've shifted many deductible expenses into the companion year. Thus you'll have the advantage of the full standard deduction, even though your deductible expenses would have amounted to less.

Let's say your 1973 earnings will be $14,000, and you expect to make $14,800 next year. Suppose your annual deductions generally run about $2,000. That's the same that you would be allowed with the standard deduction. If you could hasten some expenses—perhaps dental work, or making charitable contributions—you might have something like $2,500 in deductions for 1973.

Since you have speeded up expenses that normally would have fallen into 1974, that year may entail less than $2,000-worth of deductions. In the example above, you'll have about $500 less, or just $1,500, altogether for 1974. (This is guesswork, of course; it's quite possible that you'll face some unforeseen expenses in 1974 that will put your total deductions over $2,000. Then, you just itemize again.)

The standard deduction would allow you to take off $2,000 in 1974 (15 percent of $14,000 is $2,100, so the lesser figure of $2,000 is the one to use). Yet your actual deductible expenses in 1974 amounted to only $1,500.

Between the two years, your real deductions were about $4,000. Instead, you will have claimed $4,500 quite legitimately—and that's $500 extra that's not subject to taxes.

Note: There's a chance that Congress will change the tax laws considerably during the current session. Most likely, the moves will tend to broaden the base and raise the limits for lump-sum deductions, such as the standard deduction. It's possible that some itemized deductions many people take today as separate expenses will in future be consolidated as one simple figure. In effect, that will expand the standard deduction as well as plug up some loopholes.

Thus 1973 may be an especially good year in which to concentrate your itemized expenses. On the other hand, don't go broke trying to anticipate what Congress will do—and when. Your best bet is to keep an eye on the newspapers and consult a good financial adviser.

How to juggle deductions

After you have estimated your earnings and deductions for 1973 and 1974 (using

continued

IS THAT CHARITY WORTH YOUR MONEY?

With philanthropy an over $22 billion-a-year industry, hardly a day goes by when you don't get some sort of appeal for funds by mail, on the phone, in the streets, or via ads in newspapers and on radio and TV. Now that the holidays are near, the requests will get almost incessant. How do you distinguish between the worthy and the unworthy causes, let alone the outright rackets? Unfortunately, it isn't always easy. For example:

- *Reputation.* Many well-known charities—the reliable standbys of our parents' day—may no longer be serving the priority needs in our society today. Some may even have become mostly concerned with their self-perpetuation and growth. Some of these charities may be poorly and expensively administered. Others mail out unordered merchandise that costs more to send than it should for fund raising—as much as 80 to 90 cents of each dollar contributed. Still others already have more money than they know what to do with.
- *Dramatic fund-raising appeals.* Don't be swayed by that photo of a weeping, impoverished child unless you also know something about the charity's efficiency, quality, and needs. The image of a trained dog guiding a blind man was so appealing that it enabled one prominent organization providing dog guides to build up an unspent reserve of $20 million.
- *Big names on a charity's letterhead.* With such names now a dime a dozen, they may no longer mean much. Many prominent board members do actually serve with genuine responsibility, dedication, and devotion. But many others allow themselves to be listed indiscriminately only for publicity or egotistical reasons, or as a well-meaning favor to the people running the charity.
- *Printed annual reports.* Some are informative and helpful—assuming that their financial statements are clearly presented

continued on page 22



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checkbook stubs and tax rns as guidelines), you are y to see how you may be able aneuver.

ay this looks like a low-ex- e year and a good time to the standard deduction. How you shift itemized expendi- s into 1974? If the bills come efore December 31, the only you can put off the deduc- is to pay after the first of the . Whether you can or not de- ls upon you and your cred- of course. You also might y incurring some expenses January—your annual med- exam, for instance.

's another matter to speed up uctions so they fall into this . Generally, the IRS allows uctions only for what you ally paid in the calendar year. r strategy, then, is to create expenditures now and pay bills before the new year. *ution:* Don't speed up deduc- s just to beat the tax odds. r all, if you have to go into in order to pay off these ex- es sooner than planned, you d be worse off all the way nd.) For example:

edical. Remember that re only allowed to deduct ical expenses beyond three ent of your adjusted gross in- e, including the excess over percent for drugs. If you are e to those limits or over them ady, see what else you can do 973. (Don't forget to include s of transportation to and the doctor's when you fig-) Can you schedule routine ointments with the doctor or ist, get your new eyeglasses , push a checkup into De- ber? When you do so, be sure et the bill right away rather having it mailed, so you can ure to pay in time.

n the other hand, if your ical expenses are low this and it looks as though other uctions aren't enough for izing, put off what medical s you can until next year.

axes. Can you pay your 1974 perty taxes now (assuming have been assessed)? What ut big-ticket purchases, such car, boat, trailer home, air- ne, or materials you bought to d your own home? They uld incur sizable sales taxes to uct. In fact, the IRS generally ws you to deduct the sales tax hose items in addition to the deline deductions permitted in optional state Sales Tax Ta- that it publishes.

• *Interest.* Do you have loans outstanding on which you can pay interest ahead of time? The IRS allows a prepaid interest deduction for up to 12 months following the close of the current year—if the deduction does not cause a significant distortion of your income.

• *Charity.* Often you can pay your donations in advance to churches or charities and deduct the amount this year. There can be a special tax break, too, if you donate appreciated securities or real estate instead of cash. Not only do you not have to pay capi-

continued

Introducing the Hotpoint triple oven. The microwave oven that lets you cook 3 ways.



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Hotpoint's new microwave cooking center offers you the ultimate in versatility.

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With the new Hotpoint microwave cooking center you can do a beef casserole in 16 minutes. Bake a potato in 9. Or serve a crisp, piping hot pizza 7 minutes after you've taken it out of the freezer.

And because it can cook with conventional electric heat at the same time it's speed cooking with microwaves, an 8 pound frozen turkey will not only be ready to carve in less than an hour and a half, but will come out nice and brown as well. You can even bake and brown an apple pie in 16 minutes.

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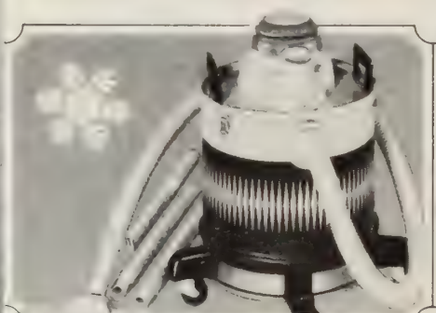
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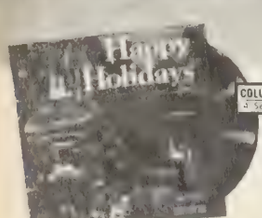
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Ten joyous Christmas selections in limited edition LP stereo. Favorite traditional and popular songs by leading solo artists, full orchestras and choruses. 33⅓ rpm. 4.98 value, now only **1.00**

Electronic Calculator

8-digit portable runs on rechargeable batteries or AC. Floating decimal, chain or constant mode. Case, recharger . **69.95**
10-digit desk model, AC only, case . **79.95**

Gillette Hot Shave S

Pamper his face with hot, moist lat at the touch of a button. With Foam aerosol and new Trac II razor for smooth, comfortable shaves. **15.8**

COTTER & COMPANY, Warehouse Distributors, 100% Member-Owned; Chicago; Cleveland; Philadelphia; Los Angeles; Portland, Ore.; Manchester, N
Prices may vary and are subject to change without notice. Space may prevent some participating True Value Stores from stocking all items. Most famous na

gifts to make a handyman happy

e are 4500 True Value Hardware Stores in 50 states. For the one nearest you, look under "Hardware" in the classified Yellow Pages phone directory.



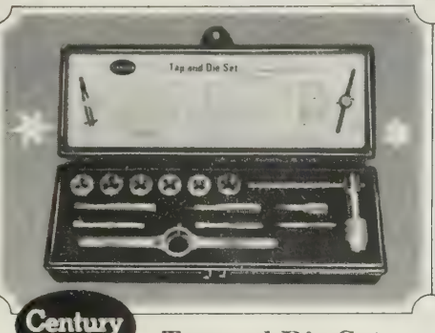
ck & Decker Jig Saw Kit

23.47 value if sold separately! 2-l Jig Saw works smoothly in wood, l and compositions. With rip fence, des, custom case 7519 . . . . . **19.99**



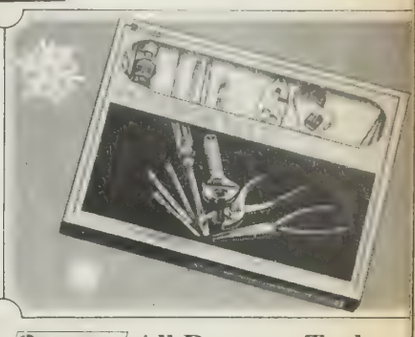
TRU-TEST Steel Tool Chest

Maximum storage in compact unit. 1-pc. hinge, electric-weld construction. 2 spill-proof drawers lock when lid closes. 10 x 22 x 9½" TT902 **13.95**



Century Tap and Die Set

14-pc. set gives all most-used sizes, T-handle wrench and die stock. Precision-cut threads are heat treated, tempered for long wear. TD14S **9.95**



FULLER All-Purpose Tools

Versatile set has screwdriver with 4 tips, adjustable wrench, standard and needle nose pliers. Handy for the home or car. 176 **4.99**



aco Space Maker

glance organizer for small parts: and tackle, sewing and household . Baked-on finish, steel e, 27 drawers in 3 sizes. **9.99**



STANLEY Family Tool Kit

Unique and practical gift. 7 most-used tools handle most household jobs . . **9.95** Power-return rule with positive blade lock, stud marks. 1" wide, 25 ft. . . . **6.95**



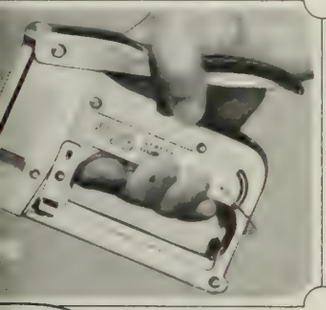
REMINGTON 10" Chain Saw

Gas-powered bantam-weight slices trees up to 2 ft. thick. Low-tone minimizes noise. Top bar and trigger handle for safe, easy use. **89.95**



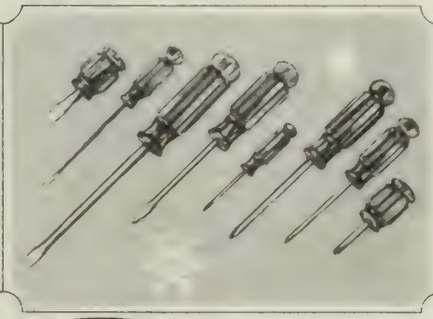
Century Hi-Speed Drill Sets

Power points zip through wood, metal, plastics. Hardened for extra wear, fit all electric drills. 13 pc. 1/16-1/4" sizes . . . **3.99** 14-pc. set, 1/16-1/2" **9.99**



U-TEST Staple Gun Set

rful, heavy-duty staple gun handles ple sizes, up to 9/16". Does every of tacking job easily. 1,000 1/4" staples. 2750 7 **4.95**



TRU-TEST Screwdriver Set

Keep one of these sets handy and you'll have a screwdriver for every need. Precision ground tips, comfort grip handles. 5-pc. set . . . **2.98** Deluxe 8-pc. set . . . **4.95**



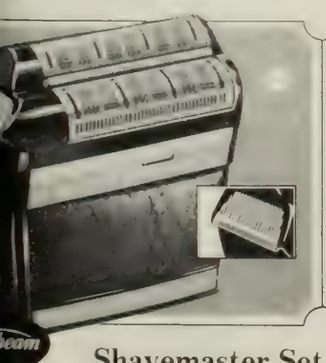
DISSTON Cordless Shears

Summer worksaver priced to give now. Lightweight electric shear has 3" non-stick blades, recharges overnight . . **14.88** Deluxe rechargeable grass shears . **18.88**



Weller Solder Gun Kit

Everything needed for fast, sure soldering. 2-heat 100/140W gun, 3 copper tips, solder and tools in sturdy carrying case. 8200 **10.95**



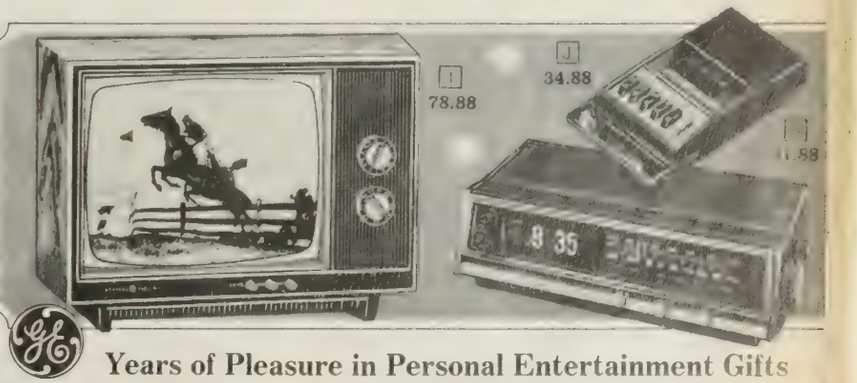
eam Shavemaster Set

eled shaving holes allow close cut; oth on face, sharp on whiskers. Bar-ype trimmer. 2 stain-steel heads. Gift case. **12.88**



REMINGTON Traveller

Gives him a fast, close shave with or without the cord. 3 shaving heads, 4 comfort settings plus trim and clean. Has extra blades. **31.88**



GE Years of Pleasure in Personal Entertainment Gifts

I 12" Portable TV. Crisp black and white reception, full 74 sq. in. picture. Perfect second set for bedroom, den, kitchen. Solid state tuning, walnut grain **78.88**

J Portable Cassette Recorder runs on battery or AC, has automatic stop **34.88**

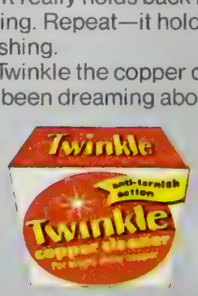
K FM/AM Digital Clock Radio. Lighted dial walnut finish. Alarm sleep switch . . **31.88**

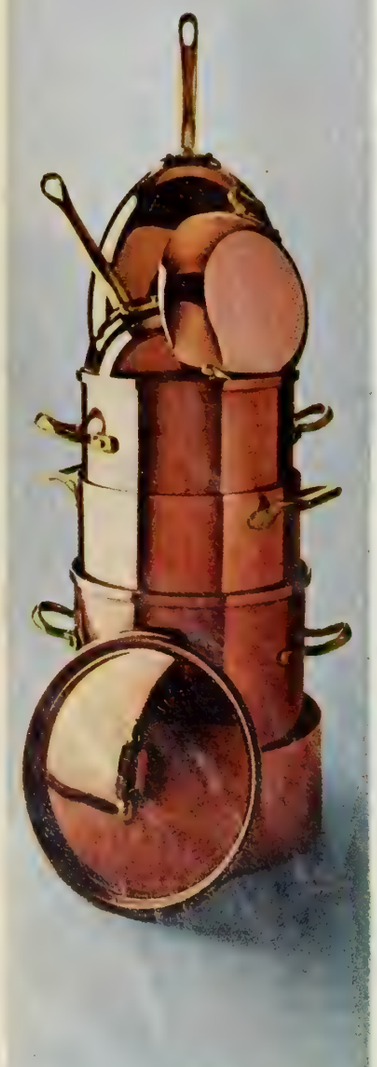
as City, Atlanta, and Dallas serving over 4500 True Value Hardware Members who own their stores, set their prices and reserve the right to limit quantities ds illustrated are also sold at local True Value Hardware stores. For biggest values and better service, shop at the dealer listed in your directory. Dec. 24, 1973

No other leading copper cleaner gives a shine that lasts longer than Twinkle.®

Know why? Twinkle contains chronite (no other copper cleaner has it). It really holds back retarnishing. Repeat—it holds back retarnishing.

Isn't Twinkle the copper cleaner you've been dreaming about?





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continued

Smart ways to save on taxes now

tal gains on the appreciated value of the property; you may get the charity deduction as well.

Suppose you own securities now worth $1,500, for which you originally paid $500 several years ago. Given the stagnant market of 1973, you'd just as soon get rid of the stocks. If you donate them to a qualified charity, you'll avoid paying capital gains on the $1,000 profit, and you'll have a hefty $1,500 deduction as well. (However, there are special rules for gifts of certain kinds of property and to certain types of organizations; check with your tax adviser.)

Can you shift income?

Not very well, if you're a wage earner solely. Income earned in 1973 is counted as just that, even if you delay depositing your paycheck until the day after New Year's or later.

If you own income-producing securities, however, there are several ways to lessen the take this year. (Don't let these suggestions color your judgment; long-range profit should be your goal, rather than tax savings.)

One possibility is to offset profits from securities sales during 1973 by selling other securities at a loss. You're allowed to use a stock loss to offset up to $1,000 a year in regular income, although it does take two dollars in long-term losses to eliminate one dollar of ordinary income.

You also might think about changing the ownership of your securities to joint tenancy with your spouse, so you can use the $200 dividend exclusion instead of the $100 an individual is limited to. And, since your children probably pay little or no tax, you could transfer ownership of some securities to them in such a way that the earnings will be taxable to the children rather than to you. There are gift tax and other considerations to look at with such arrangements, so check with your tax adviser before taking the necessary steps.

What about your dependent exemptions?

This is something to examine carefully before the year ends, whether you're juggling deductions or not. Currently you are entitled to a $750 exemption for each dependent, yourself, and your spouse, in 1973 and in 1974. (Again, Congress may change the rules; if so, the exemption will be raised.)

Your concern must be to make sure you don't lose any of those dependents by oversight. The IRS has several tests of dependency. Two key ones:

1. You must have contributed more than half the dependent's total support during the year. That involves food, shelter, clothes, medical and educational expenses, and so forth.

The figures are most likely to be shaky for a college-age child who works, or for a dependent parent. If so, consider putting some more cash into support right now. A hundred dollars or so toward clothing that you would have bought soon anyway, a moved-up medical expense, or an advance payment of near-due tuition might tip the scales back in your favor. It's also possible for the dependent to hold off spending money on himself and put it into savings instead.

2. You can claim your children who were under 19 at the year's end, or those who were full-time students during five months of the year, even if they have a gross income of $750 or more. (The other dependency tests must be met as well, however.)

When your child is 19 or over and has not been a full-time student during five months of 1973, his personal income must not be more than $750. Otherwise, you will lose the exemption. Of course, that individual can take it for himself if he must file for income taxes. (Remember that social security and other tax-exempt funds don't apply to the $750 ceiling.) Again, it may be wise for the dependent to put off some of his taxable earnings until next year, so you can still claim him as a dependent. ■

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Is that charity worth your money?

so that you can understand them. Others may be intentionally misleading. One prestigious multi-million-dollar national philanthropy reported to the public that it had a deficit of about $300,000, whereas it in fact had a surplus of nearly $1,400,000. Another organization, which included a small item of unordered merchandise in the ten million fund-raising appeals it mailed annually, reported its financial report so as to hide the fact that 40 cents of every dollar it received went for fund raising.

What can you do?

Here are some guidelines for spotting an unworthy charity and making sure you are not givi unwisely:

• Don't give to any organizatio that sends you unordered "gif merchandise—printed name-an address stickers, key rings, cook cutters, medallions, greetin cards, pens, license tags, or sim ilar items with a request for mo ey. This fund-raising method extremely costly, ranging up 90 cents per dollar contributed. also is characteristic of questio able or substandard outfits. Yo needn't even feel guilty abo keeping the item; if you send back, it will only be mailed someone else. If you do keep th unsolicited item, the law say you don't have to pay.

• Never send money in respons to a telephone call from a stra ger, particularly one claiming be a minister, priest, rabbi, judge. If his solicitation seem sincere, ask him to send you written or printed report abou his organization.

• Don't give to any street solic tor or doorbell ringer unless yo have checked on the organiz tion and know it meets establish ed standards of philanthropy.

• Be especially wary of veteran organizations, particularly those that mail out unordere merchandise. One such organiza tion budgeted a fund-raising co of 65 cents per dollar of expecte contributions for its entire 197 campaign.

• If you're in doubt about an *local* charity, check it out wit your local United or Commu nity Fund, Better Business Bu reau, or chamber of commerc Some state and local goverr ments (including New York City Dallas, and Los Angeles) hav agencies that screen charitie The local group you contact ma also be able to give you some in formation about any nationa charities operating in your area

• For *national* charities, ther are two principal sources of in formation. The Council of Be ter Business Bureaus, 1150 17t Street NW, Washington, D.C 20036, will upon request furnis at no cost its reports on man charities (that includes religiou ones), but does not make an recommendations as to whethe or not you should contribute t them. The same reports may als be available locally at the 15 Better Business Bureaus and 68 chambers of commerce acros the country served by the Coun cil of Better Business Bureaus. ■

Family Money Management Next Month

- A new way to work part time
- How to get something out of an annual report

One of the best features you get in our new portables is our oldest feature: Zenith dependability.

We took the most-wanted features of our big-screen TVs and designed them into our newest 17" and 19" (diagonal) portables. Features like:

An advanced Chromacolor II picture tube. Delivers the brightest color picture in Zenith history.

100% Solid State Chassis. The most powerful we've ever built—for cleaner, more natural colors.

A special Voltage Regulator. Protects chassis and picture tube when voltage conditions vary.

Convenient One-Button Tuning. One touch brings back pre-set brightness, contrast, tint and color level.

But, maybe the feature you'll enjoy most is our oldest feature: the reputation for quality and reliability you get with every Zenith product.

(In two recent nationwide surveys, independent TV service technicians named Zenith, by more than 2 to 1 over the next best brand, as the color TV needing fewest repairs. Survey details on request.)

We're proud of our record of building dependable, quality products. But if it should ever happen that a Zenith product doesn't live up to your expectations, we want to hear from you. Write the Vice President, Consumer Affairs, Zenith Radio Corp., 1900 N. Austin Ave., Chicago, Ill. 60639.

At Zenith, *the quality goes in before the name goes on.*

Simulated TV picture. Model shown: SE1750R, The Balboa.



ZENITH® SOLID STATE CHROMACOLOR® II



Clorox® Job #5

Sanitizing and deodorizing toilet bowls.

Simple solution:
Cleanse and flush, then pour in ½ cup Clorox. Swish over inside, let stand 10 minutes. Flush. Clorox is the easy way to kill germs on all bathroom surfaces. Make it a weekly habit!
(Caution: Do not use ammonia or any toilet bowl cleaners with liquid bleach.)

Clorox. It does more than the wash.

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GOOD NEWS



Dress up your camera and take the strain off your neck at the same time with one of these op-art camera straps. The two-inch-wide adjustable straps are made of cloth sewn to a felt backing and come in hundreds of color combinations.

Fiesta Camera Straps, $6.95 in photo depts. Honeywell Photographic Products, Box 1010, Littleton, Colo. 80120.



Home movies with sound recorded on the scene are yours with this fully automatic camera. It adjusts for sound much the same as the aperture adjusts for light.

Kodak Ektasound 130 movie camera, under $190.



This cordless electric drill operates from its own self-contained power pack and can be recharged in 16 hours. It's safe to use around water or grounded objects.

Black & Decker #7077 Cordless Drill, $49.95.



This workshop device stops many accidents before they happen. It's an electronic brake that stops a spinning saw or any other a/c motor in less than a second.

Ambi-Tech Brake-Switch, $19.95.

continued on page 46



These plastic skis, just 33 inches long, are perfect for a youngster just setting off down his first slope. Experienced skiers will find them fun for tricks and stunts.

Rubbermaid Hot Stix Skis with poles, under $35.

Kodak Has
Gift For Keeping
Christmas





Actual picture size.

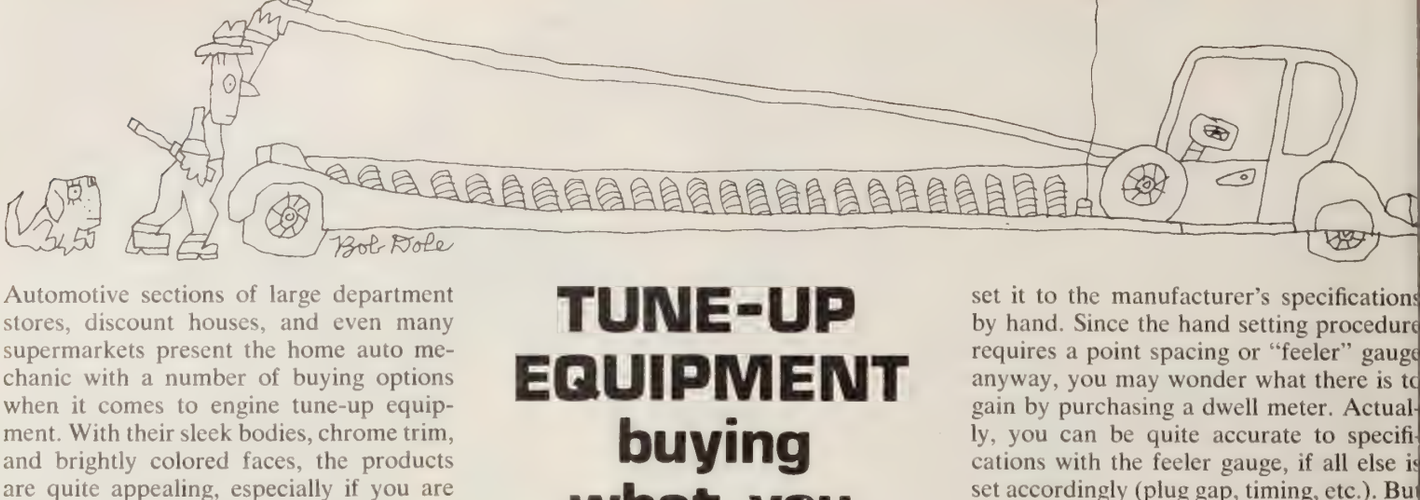
Give someone a pocketful of miracles from Kodak.

We'll bet that someone on your Christmas list would love to pocket a whole Christmas in our Pocket 10. It's our newest, littlest, lightest, least expensive Pocket. But the pictures it takes are big, clear and colorful.

Out it pops in the bright sun to pocket a snowball fight. Indoors, snap on a magicube and extender, and it pockets the kids opening their gifts.

The little Pocket 10 is at your photo dealer's now for less than $23. There are five other Pockets, from less than $30.

Kodak pocket Instamatic 10 camera.



TUNE-UP EQUIPMENT buying what you need

Automotive sections of large department stores, discount houses, and even many supermarkets present the home auto mechanic with a number of buying options when it comes to engine tune-up equipment. With their sleek bodies, chrome trim, and brightly colored faces, the products are quite appealing, especially if you are faced with paying $30 to $50 to your local garage, dealer, or service station to get the family car running well again.

But can you really save money by doing the job yourself? Can you do it as well as they can? The answer to both questions is yes. You can save about two-thirds of the cost of a regular tune-up, since at $10 per hour labor far exceeds the cost of parts on your bill. And regarding quality, the only difference between you and a large number of auto service personnel is their day-by-day experience and available equipment. The same service manuals and how-to instructions found in repair shops are readily available to anyone. So, how much you save and how good the finished job will be depend upon the equipment you now own or decide to buy, and your ability to follow instructions.

Whether you do the job yourself or leave it to the pros, a tune-up is a sound investment—today more than ever. A well-tuned engine won't pollute the air as much —and it will deliver more miles per gallon, an important consideration with our dwindling supply of gasoline.

If you have decided to get your hands dirty and tune your car's engine, you'll need the proper equipment. That means rounding out your present assortment of sockets, box wrenches, and such with one or more of the following tune-up and diagnostic items. If you decide to purchase, you may want to begin with the items at the top of the list.

Timing light

After the installation of new distributor points and spark plugs, the timing light is essential to set the ignition timing properly. An accurate setting assures you that the ignition spark will occur in the combustion chamber at the instant it is most needed.

The beam of the timing light enables you to locate the engine's timing marks in the flywheel area, vibration damper at the front of the engine, or on the pulley by seemingly stopping motion as the engine turns. The timing mark (it helps to mark it with chalk or white paint) must line up with the degree mark on the timing scale every time the number one spark plug fires. The manufacturer's specifications will tell you exactly what the degree mark is, either in degrees BTDC (before top dead center), ATDC (after top dead center), or 0 (top dead center). The light enables you to see the marks when the engine is running, and adjust the timing accordingly by rotating the distributor housing either clockwise or counterclockwise.

Timing lights are basic to the home auto mechanic. They range in price from $5 to $25. Although even the most economical timing light will suffice to time your ignition accurately, the more expensive models offer built-in remote starter switches, burn-out proof, solid-state circuitry, and super-bright light which enables you to use them even in the brightest daylight. Most include spark plug adapters for all foreign and domestic makes, and instructions. Neon-type lights require buying replacement cartridges when the original burns out; with the more expensive models you simply replace the bulb. Timing without a light is tedious at best, but it can be done.

Remote starter switch

This simple tool lets you crank the engine from outside the car—very handy when setting timing or adjusting the breaker point spacing. It costs about $3, and it's indispensable if you don't want to be bothered with getting in and out of the car to switch on the ignition.

Dwell meter

Cam angle, or dwell, is the number of degrees the breaker cam rotates from the time the breaker points close until they open again. A dwell meter indicates this in degrees, but you'll have to know the correct degree range for your car before you know whether or not the point spacing is correct. If it's incorrect, you'll have to set it to the manufacturer's specifications by hand. Since the hand setting procedure requires a point spacing or "feeler" gauge anyway, you may wonder what there is to gain by purchasing a dwell meter. Actually, you can be quite accurate to specifications with the feeler gauge, if all else is set accordingly (plug gap, timing, etc.). But a dwell meter is handy if you are using modified specifications, have an older car or otherwise alter the manufacturer's standard; then you'll be able to adjust point gap for maximum efficiency or performance. You can count on spending from $13 to $20 for a dwell meter.

Dwell tachometer

Operation and function are similar to the standard dwell meters, with the added convenience of a tachometer which tells you how fast your engine is turning—a critical aspect of correct ignition timing. You can also use the tachometer to check engine RPM when doing carburetor adjustments. If your car is already equipped with an on- or in-dash tachometer, you won't need this added feature, unless of course you want to save yourself the bother of hopping in and out of the car. Dwell tachometers cost from $20 to $30.

Compression tester

Many mechanics consider it one of the handiest instruments for checking the condition of your car's engine. The compression tester takes readings in the combustion chamber of each cylinder to indicate the amount of pressure generated. If the readings vary, say, more than ten pounds between cylinders, it's an indication of trouble, usually the kind that is beyond the capability of the average do-it-yourselfer. While compression gauges vary little in design, the lower priced units have to be hand-held in the spark plug hole while direct readings are noted on the scale. This is no small task on modern, high-compression engines that develop close to 200 pounds per square inch of pressure! More expensive units have flexible hose, screw-in, spark plug type fittings, and an indicator needle that maintains the highest reading until you release it. At $5 to $15, the compression tester is a good investment *if* you know enough about automobile engines to interpret its readings. As you gain experience, the purchase may be well worth considering.

continued on page 34

Sears Cling-alon® nude pantyhose. There's more to the fit than meets the eye.

You may not see the heel and toe, but they're there working. Along with the knee that clings for dear life. And the calves and thighs that are sized for slender or fuller legs. And our all nude panty that fits as well as our hose.

In fact, we believe our pantyhose fits better than others. We can't prove it. You can. Every time you wear them.

Cling-alon® pantyhose comes in petite, average, tall, extra-large or queen size. Also in Thi-Top,® stockings, and support hosiery. And with reinforced heel and toe.

At most Sears, Roebuck and Co. larger stores. Also in the catalog.

Come in and let our salesladies show you Sears Best.

It's our pride. And your joy.



Cling-alon. The fit to be tried.

Sears

Our pantyhose are sized to cling to even the slimmest ankles.

he toe is nude, it won't show up in sandals.

Our nude heel is fitted, so it shouldn't twist or wrinkle at the ankle.

Golden treasury

Would you like to give your favorite cook or an aspiring chef a culinary Christmas gift that's out of the ordinary? We at Better Homes and Gardens have a suggestion: give the *Golden Treasury of Cooking*. You'll find it's much more than just a cook book. It's a whole collection of food facts along with some provocative and interesting bits of history culled from the five decades that span the stark '30s to the space-age '70s. More importantly, there are 607 great cook-inspiring recipes. These recipes have been selected by our own food editors as some of the best printed in Better Homes and Gardens magazines and books over the last 50 years.

Here's a sampling to give you a preview of what's inside this giant book. Any or all of these Christmas treats found in the *Golden Treasury of Cooking* could help make your holiday dinner an historic occasion. And that's just the beginning. Between the golden covers of this colossal new book there are hundreds of other recipes you'll want to try for other occasions or just for the fun of it.

A thrifty idea from the '30s sure to benefit your budget, too—

CRANBERRY RELISH

2 medium oranges
1 pound cranberries
2 cups sugar
¼ cup chopped walnuts

Peel and section oranges; reserve peel of one orange. Remove as much white membrane from peel as possible. Grind orange sections, orange peel, and cranberries, using a coarse blade. Stir in sugar and nuts. Chill. Serve as meat accompaniment. Makes about 3½ cups.

A '40s favorite that's still popular today—

ROYAL PLUM PUDDING

2 cups all-purpose flour
2 teaspoons baking powder
½ teaspoon ground cinnamon
½ teaspoon ground nutmeg
¼ teaspoon baking soda
¼ teaspoon ground allspice
3 beaten eggs
4 ounces suet, ground
¾ cup milk
½ cup light molasses
1 cup chopped, peeled apple
½ cup raisins
½ cup dried currants
½ cup chopped, pitted dates
½ cup diced mixed candied fruits and peels
¼ cup chopped almonds
1 recipe Foamy Sauce

Stir together flour, baking powder, cinnamon, nutmeg, soda, allspice, and ½ teaspoon salt. Combine eggs, suet, milk, and



GM improves your outlook on life.



The colonnade roof featured here is shown with an available vinyl top.

molasses; add to dry ingredients. Beat well. Add next 6 ingredients. Grease 6-cup mold (do not use ring mold or tube pan). Fill ⅔ full. Cover with foil; tie with string. Place on rack in deep kettle; add boiling water 1 inch deep. Cover and steam 3¼ hours, adding more water if needed. Cool 10 minutes; remove from pan. Cool. Wrap in brandy-soaked cheesecloth, if desired; wrap in foil. Store 3 weeks in cool, dry place. Reheat by steaming 1½ hours in mold. Serve with Foamy Sauce. Serves 8.

Foamy Sauce: Beat 1 cup sifted powdered sugar into 2 stiffly beaten egg whites. Beat 2 egg yolks and ¼ teaspoon vanilla till thick; fold into egg whites. Whip ½ cup whipping cream; fold into egg mixture.

Festive '50s dessert featuring the holiday's favorite flavor—

LEMON EGGNOG PIE

2⅔ cups flaked coconut
3 tablespoons butter or margarine, melted
1 3-ounce package lemon-flavored gelatin
1 cup boiling water
1 pint vanilla ice cream
¾ teaspoon rum flavoring
¼ teaspoon ground nutmeg
2 well-beaten egg yolks
2 stiffly beaten egg whites

Combine coconut and melted butter; press into a buttered 9-inch pie plate, building up sides. Bake at 300° for 20 to 25 minutes. Cool.

Dissolve gelatin in boiling water. Cut ice cream into sixths; add one sixth at a time to gelatin and stir till melted. Chill till partially set. Add rum flavoring and nutmeg; stir in egg yolks. Fold in egg whites. Turn into cooled coconut shell. Chill the pie till it is firm.

A convenient candy of the '70s the children will love to make—

QUICK WALNUT PENUCHE

½ cup butter or margarine
1 cup packed brown sugar
¼ cup milk
1¾ to 2 cups sifted powdered sugar
1 cup chopped walnuts

In saucepan melt butter. Stir in brown sugar. Cook and stir over low heat for 2 minutes. Add milk; bring to boiling. Cool to room temperature. Beat in powdered sugar till like fudge. Stir in nuts; pour in buttered 8x8x2-inch pan. Chill till firm enough to cut. Makes 32 pieces.

The *Golden Treasury of Cooking* is available for $16.95 wherever books are sold. It makes a particularly thoughtful gift for the cook who wants more than just a cook book.



ENERAL MOTORS · MAKER OF CHEVROLET · PONTIAC · OLDSMOBILE · BUICK · CADILLAC · GMC TRUCKS AND MOTORHOMES · FRIGIDAIRE APPLIANCES

e improvement is our new colonnade roof, which you'll find on any full-size General Motors cars for 1974. We wanted to create a ok that was both contemporary yet timeless—and built for strength. nd thanks to thin but strong roof pillars, our new colonnade roof ves you more glass area all around and a feeling of spaciousness r every passenger. What's more, the roof itself has a double onstruction—two panels of steel with the inner panel acoustically erforated to help absorb sound. All this you'll find in our new olonnade roof. The hard-to-top top from GM.

GM

ARK OF EXCELLENCE

We want you to drive what you like and like what you drive.

Duke Ellington on the Hammond Piper



"For a long time you had two choices when you bought your first organ.

You could get an inexpensive one that was easy to play, but sounded like a toy. Or, you could get a complicated one.

And after only two or three months of practice, treat your friends to a soul-stirring rendition of 'Mary Had a Little Lamb'.

What you *couldn't* get was an organ simple enough to learn on, but sophisticated enough to still be fun later on.

And that's what I like about the Piper.

It sounds like an organ's supposed to sound.

After all, it's a Hammond, and they *invented* the electronic organ in the first place.

But the Piper doesn't have a mass of pedals, or a double keyboard. So it's much easier to play.

Besides, the Piper does a lot all by itself.

Push a button, and you get rhythm. Hold your left hand on a couple of keys, and it plays chords automatically.

There are seven different rhythms, too.

Latin, Western, Parade, Rock, Ballad, Waltz, and, one of my own favorites, Jazz.

And the Piper can sound like a Piano, Harpsichord, Sitar, Guitar, Marimba, Banjo, Trombone, Accordion, Flute, Violin, Trumpet, or any combination of them.

It's also got an earphone jack.

And a dynamute effect.

(You know the wa-waa sound a trumpet makes? *That's* a dynamute effect.)

You can even get a Piper with an optional, built-in cassette recorder.

And you know what you can get a Piper *for?*

Less than a thousand dollars.

Look, if you're a real organist, there are 35 Hammonds to choose from. And there isn't one I wouldn't recommend.

But if you're just starting, and what you mainly want is a good time, look at a Piper.

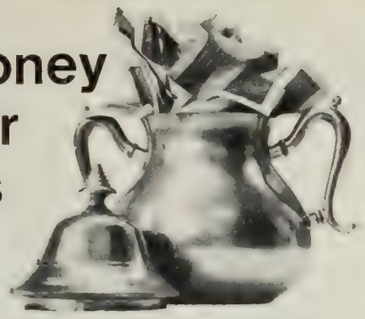
After a few days, I wouldn't be a bit surprised if you started sounding a little like Duke Ellington.

Well...at *least* a little like Count Basie."



Hammond Organ Co., a division of the Hammond Corporation, 4200 Diversey Ave., Chicago, Illinois 60639.

Win money for your recipes



Meal-in-a-Sandwich Ideas—Melon Desserts

What do you stack on slices of bread or buns for a memorable meal-in-a-sandwich? Does your recipe repertoire include a favorite melon dessert that you're willing to share? Send your recipe today for either or both categories and you could be a prizewinner next July. Two Cooks-of-the-Month receive $50 each. Four Runners-up receive $25 each and 12 Honor Roll winners get $10 each. The selected winning recipes will be pictured on the Prize Tested Recipes pages next July. All 18 winners receive a framed Better Homes and Gardens Certificate of Endorsement and six copies of the endorsed recipe.

Hints To Help You

You might spark your meal-in-a-sandwich with a homemade mustard and horseradish sauce. Or grind up leftover meats with curry for a thrifty spread. Do you transform packaged rolls or canned meats into spectacular sandwiches? Hints:

Toasty braunschweiger
Reviled shrimp buns
Swiss chicken open-facers
Tuna-mushroom bagels
Barbecue roast beef rolls

Melon desserts can be topped by a meringue, swirled with whipped cream, or splashed with lemon. Do you layer melon with other fruits, ice cream, or pudding for parfaits? Maybe you fold melon balls into chiffon for a fluffy pie. Pointers:

honeydew harvest torte
rainbow melon julep
green and gold ambrosia
watermelon mist compote
melon coconut creme tarts

THIS MONTH'S WINNERS

(See recipes on pages 85 and 86.)

Cooks-of-the-Month

Mrs. Norma Coppenbager, Sacramento, Calif.
Mrs. Nina Donaldson, Garner, N.C.

Runners-up

Marie Bergamini, Walnut Creek, Calif.
Mrs. Laura Getschmann, Bremerton, Wash.
Mrs. Lucy W. Potts, Albuquerque, N. Mex.
Mrs. Bernie Schell, West Point, N.Y.

Honor Roll

Marilyn Joy Blankschien, Clintonville, Wis.
Mrs. C. A. Burn, Denver, Colo.
Anita L. Davy, Oakland, Calif.
Mrs. James Henderson, St. Paul, Minn.
Mrs. A. T. Knight, Sulphur Springs, Tex.
Patricia E. Paden, Needham Heights, Mass.
Mrs. Thomas W. Paul, St. Joseph, Mo.
Barbara Schreier, Bethlehem, Pa.
Ruth Shook, Kirkwood, Ill.
Ramona Silhavy, Cleveland Heights, Ohio
Mrs. William Strieber, Crofton, Md.
Paul L. Wilson, Seymour, Ind.

Contest Rules

1. **Write or type your recipe clearly on one side of the paper and mark it "July Meal-in-a-Sandwich Ideas" or "July Melon Desserts." If you wish, send a recipe for each of the two categories.**
2. **Print your full name and address in upper right corner of paper.**
3. **Give measurements in *level* cups, tablespoons, teaspoons.**
4. **Specify brand names of the *nationally* known food products you use as ingredients so we can test your recipe with the same brands.**
5. **Include 50 to 100 words about the origin of the recipe you submit.**
6. **Recipes submitted become property of Meredith Corporation.**
7. **Entries must be postmarked by midnight, December 31. In cases where duplicate recipes are submitted, the one with the earliest postmark will be judged. All judges' decisions will be final.**
8. **We reserve the right to adjust and edit winning recipes.**
9. **Address the recipes you enter to 7312 Test Kitchen, Better Homes and Gardens, Des Moines, Iowa 50336.**

Presto gifts. They do things for a woman.



Presto's Jumbo Fry Pan cooks a complete dinner for eight. And leaves only one submersible pan to wash. Handles detach so it takes up less space in the sink or dishwasher.

The Presto Automatic Buttering Corn Popper makes fluffy hot-buttered popcorn in minutes. And the non-stick surface whisks clean in seconds.

The Presto Slow Cooker browns the meat, and then cooks the complete meal. All day. By itself. Without being watched. It's submersible for quick cleanups, too.

It takes a clean pot to brew good coffee. So this Presto Coffeemaker is stainless steel and completely submersible. Also has a special gauge to show number of cups remaining in pot. 9 and 12-cup sizes.

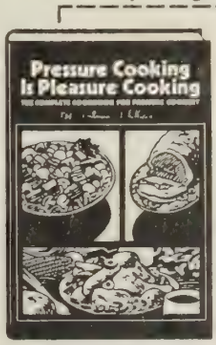
The famous Presto Pressure Cooker cooks foods tender and flavorful in minutes instead of hours. Choose stove-top or electric model.

PRESTO

NATIONAL PRESTO INDUSTRIES, INC. EAU CLAIRE, WIS. 54701

And here's another gift she'll like!

Get Presto's complete cookbook for pressure cookery for 1973. "Pressure Cooking is Pleasure Cooking" gives you 232 pages of glamorous, good-tasting food ideas to help you put new variety into your meals. Combines family favorites and tempting new recipes that bring pressure cooking up-to-date with today's living. Send just $6.95 now, and we'll pay return postage!



COOKBOOK OFFER

over 300 great family recipes!

National Presto Industries, Eau Claire, WI 54701

B17

Please send me, postpaid ( ) copy (copies) of Presto's 1973 Pressure Cooker Cookbook. I'm enclosing check or money order totaling $6.95 for each copy ordered.

NAME_____

ADDRESS_____

CITY_____

STATE_____ ZIP_____

Toys that make memories

To reactivate the fun of Christmas past for you and your children, we've designed these classic wood toys, reminiscent of ones youngsters have enjoyed for generations. You may recall your own childhood as you build these intriguing toys for your children, grandchildren, or a favorite youngster you know. As for the children, they will enjoy these playthings now and treasure them for years to come.

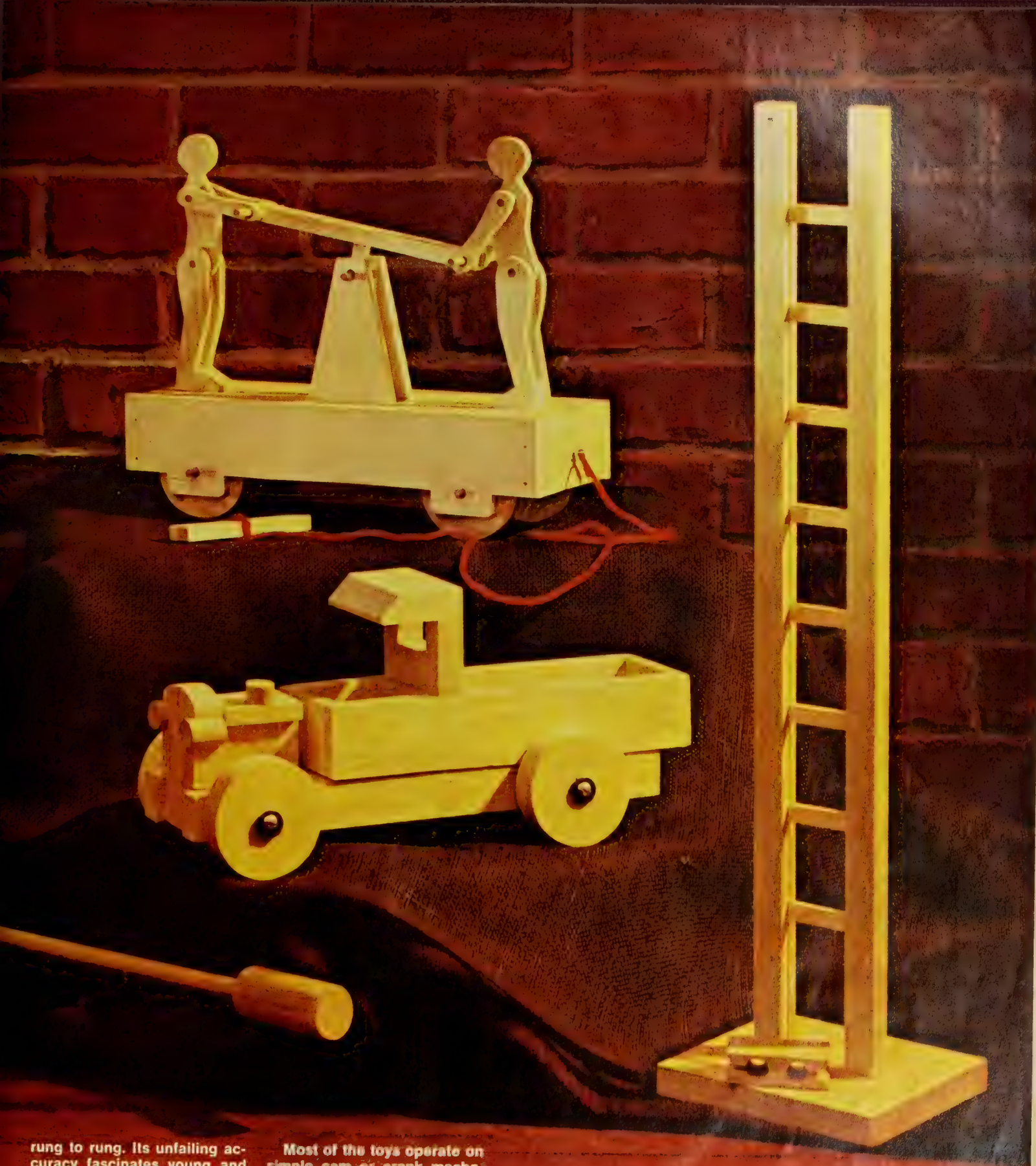


Designer: David Ashe
Photograph: Mike Dieter

Several toys in our collection make repeated movements when pulled by a string. The man in the rowboat pulls the oars back and forth, the bucking horse lowers his head and kicks out his hind feet, and the men in the handcar work together moving the handle up and down. Our push toy in the center, a favorite with preschoolers, features dowels which pop up in sequence.

Older children will like the challenge of reassembling the take-apart truck. When they remove the screws from the axles, parts such as the engine and radiator come off. With a little ingenuity, the basic truck components can be rearranged to make other vehicles, such as a hot rod.

Our ladder is an updated version of the nostalgic fireman-and-ladder toy. You simply place the block on the top rung and watch it tumble from



rung to rung. Its unfailing accuracy fascinates young and old alike.

Although our designs look simple and use basic materials, they do require time and patience to complete. Only precision cutting and sanding will ensure proper action for the movable parts. However, the delight these toys evoke in children will be well worth the extra care and effort the project requires.

Most of the toys operate on simple cam or crank mechanisms. We made ours from pine lumber and birch dowels, and applied a clear matte finish.

You can paint or decorate the toys any way you like. Since they will be used by youngsters, sand all surfaces well and use nontoxic paints.

Better Homes and Gardens
Project Plan No. 4312-1
To order, see page 116



Skin cleansers should wash away dirt, but not skin's natural protection.

Getting your skin clean is easy.

But soaps disturb skin's natural pH and wash away moisture, which invites dryness and irritation.

pHisoDerm is not a soap but a pure white liquid skin cleanser that cleans deep while preserving skin's natural protection.

It contains a highly effective cleansing agent called "entsufon" which removes even the deepest dirt and grime quickly and easily.

It also contains gentle emollients similar to those produced by skin itself that are returned during washing to soften and protect against dryness and irritation.

And unlike soap, pHisoDerm is specially made to leave skin at a pH level (5.5) considered normal.

pHisoDerm has no artificial tints, perfumes or antibacterials of any kind that can cause allergic reactions, and should not irritate, even if used dozens of times a day.

Beautiful looking skin needs proper care.

And no soap cares for your skin like pHisoDerm.



pHisoDerm. It leaves your skin the way nature intended.

begins on page 26

Tune-up equipment

Vacuum gauge

Nature, as you know, abh vacuum, but economy-m motorists know high e vacuum readings indicate ating efficiency, superior formance, and more miles gallon. A vacuum gauge sures the vacuum created in car's engine, and it can he knowledgeable diagnose ov different engine ailments.

Reading the gauge is sim vacuum is measured in inc mercury, and a good aut gine should show a reading where between 15 and 22, ping one point for each 1,00 you are above sea level. great variations in the re show that something is w and through a process of eli tion and some sophisticated niques you can locate and c the problem. Some gauges type incorporate calibratio fuel pump pressures, which sure less than standard e vacuum readings. This gauge costs from $5 to $1 can be a big help in keeping car in top operating conditi

Ignition tester

There are two basic types o tune-up and troublesho tool; one meters the efficien the ignition coil output on a the other, using the stetho principle, with a small light points shorts and breaks in ing, detects burnt spark and tests for coil output an verse polarity by lightin when the malfunction is f Both types test for resist The ignition tester is a hanc strument for electrical tro shooting. It will cost you $6 to $15, depending upo testing capabilities.

Alternator-generator tester

The simpler versions of this trical troubleshooter test alternator, generator, and age regulator for output vo More sophisticated units car measure resistance, battery pacity, voltage loss, shorts, diode or fuse failures. All c used on either six- or 1 systems. Meters provide sca measure output in volts amps. Cost of these units, ing with capability, is from to $40.

Exhaust gas analyzer

This is a relatively sophistic device that operates by mea a sensing cell and meter.

continued









Colds and flu. To relieve the aches and reduce the fever of a cold or flu, doctors recommend aspirin. Bayer tested its aspirin against every leading brand. For quality, Bayer was shown superior. You can count on better quality Bayer® Aspirin.



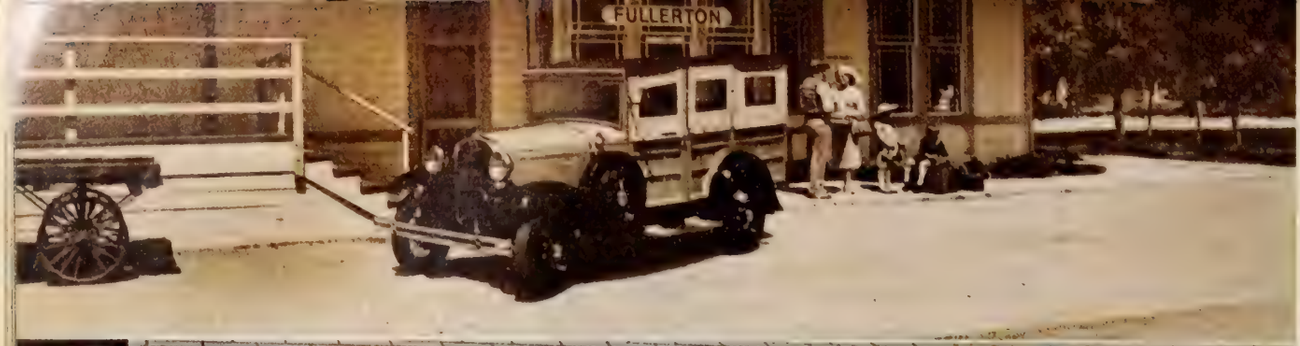
Relieve painful discomforts of a cold while you sleep. Bayer® Timed-Release Aspirin is made to work overtime. You take it only once in 8 hours. Two tablets taken at bedtime relieve aches due to colds or flu so you can sleep during the night.



Reduces fever of a cold. To relieve the aches and reduce the fever of a child's cold or flu, get Orange Flavored Bayer® Children's Aspirin. It's in the exact tablet size doctors recommend and it's made with extra care.

Each Bayer product includes directions for use. Bayer reminds you to follow label directions carefully.

To relieve aches and pains of colds & flu, count on Bayer...or Bayer...or Bayer.





Our basic wagon idea: little cash and lots of carry.

ike the original station wagon Ford pioneered back in 1929, the 974 Ford Pinto Wagon combines a durable, economical car with a t of space in back. And what could be more basic than that?

The economy: First and foremost, the Pinto Wagon is an economy car—low in price, easy on gas, low on upkeep



The space: Put a Pinto Wagon's rear seat down, and you've got over 60 cubic feet of cargo space. To maximize cargo space, the spare tire is carried under the floor

Other basics: A rugged 2,000cc overhead cam engine standard. It's been developed for good gas mileage. nd for those of you who want even a bit more pep, there's an optional 2,300cc engine.



Front disc brakes are also standard—for efficient and fade-resistant braking and little pedal effort.



Further, the steering is rack-and-pinion, like in sports cars. Who'd have thought a station wagon could handle that easy? They're all good reasons why the closer you look, the better we look.

See the 1974 Pinto Wagon at your Ford Dealer.

When you get back to basics, you get back to Ford.

FORD PINTO

FORD DIVISION Ford

own here: Pinto Wagon with Squire Option, optional whitewall tires, luggage rack, and deluxe bumper group.)

continued

Tune-up equipment

analyzer is connected to your car's exhaust pipe to determine the air and fuel ratio of emission gases. With the indicated reading in hand, you can then adjust the carburetor for maximum performance or most economical operation. The more expensive models also measure percent of carbon monoxide and air/fuel mixtures for different engine idle settings. Exhaust gas analyzers also will work on pane and butane fueled eng

A price tag of from $40 to keeps it out of most do-it-y selfers' garages.

Engine analyzer

If you were to combine the ing capabilities of the meter, tachometer, ignition er, and voltmeter, you'd up with an engine analyze selector switch allows yo choose between more tha dozen tests (depending upo unit), from correct breaker settings to carburetor ac ments, thus eliminating the for a variety of specialized ing units. You can buy one anywhere between $30 and

Features of good test equip

Here, as with many autom parts and equipment, price good indicator of quality. there are also certain featur keep in mind when making selection. Solid-state circuit burnout proof, an impor feature should you overloa short the tester. Easy-to- dials are one thing you'll preciate in the close and dimly lit engine compartmen

Cases are almost univers constructed of high-impact tic, although some very quality units are made of truded aluminum. Design i important factor. Some ma use an easy-to-hold pistol styling, others a slim-line de which makes the unit easie use in cramped engine comp ments or allows you to lay i a fender or similar flat surf An important feature of housing design is the protec of the meter face—some f are shielded by a rim or lip.

Accuracy of the metering vice can be critical in tun work—battery-operated are often subject to inaccu readings caused by low bat cells. A quality tester is ge ally guaranteed by the ma facturer to be 98 percent a rate. Most good equipm manufacturers warrant products for up to 90 days parts or assembly defects. It good idea to use your purch immediately in order to de any possible flaws within warranty period.

How much equipment do need?

Just to get the job done, all really need is a timing light you can afford another piece testing equipment, opt for dwell tachometer so you're ab lutely sure the breaker point is set at the specified rpm. If y car has a dash-mounted ta just buy the dwell meter. ■

ACE HARDWARE

The More Store

REVERE Stainless Steel Cookware Set



Copper-clad 7 piece set. Includes 1 quart covered sauce pan, 1½ quart covered sauce pan, 5 quart covered Dutch Oven and 8" open skillet. (Dutch Oven cover fits skillet). No 3847. Reg 43.80

Only 27.88

COSCO Deluxe Walnut Serving Cart



31" high. Shelves are a generous 17½" x 27" with clearance of 16½". Multi-coated baked-on enamel finish. 3" casters. Golden frame with walnut shelves. Model 12-235. Reg. 24.00.

Only 17.88

SUNBEAM Deluxe Chrome Mixmaster



Only 67.88

Full power at all 12 speeds. 200 watt motor. Larger beaters. Mixer removable from stand. 2 stainless steel bowls. Recipe book included. Model MM200WS. Reg. 80.99

GILLETTE SUPERMAX Hair Dryer & Styler



Only 16.99

By Gillette and just great! Has 5 separate attachments. Drying comb, curver comb, bristle brush, concentrator for extra fast spot-drying and separate handle that holds brush or comb attachments so you can style with 2 hands. Model HD-7. Reg. 23.99

A Christmas E

We go together naturally!

RED DEVIL Sav-A-Brush Paint Brush Cleaner



Restores old and paint-hardened brushes. Also removes dried paint from overalls, drop-cloths and fabrics. Economical to use.

Size	Reg. Price	Sale Price
3 Oz.	29¢	18¢
9 Oz.	60¢	33¢

MIRRO Portable Electric Broiler



Perfect convenience! Use wherever there's an electrical outlet. Broil steaks, chops or burgers. With element removed cover and base are completely immersible for easy cleaning. Meat rack and cord included. Choice of avocado or harvest. Reg. 17.99.

Only 12.88

WESTCLOX BIG BEN Futura Luminous Alarm



Keywound. 4⅞" high, 5" wide. Beautiful Futura design. White case. Easy-to-read dial. Available in black, blue or yellow dials. Reg. 9.98

Only 7.99

BLUE LUSTRE SHAMPOO For carpets and Upholstery



Deep cleans as it brightens and restores that soft plush feel. Use in your carpet shampooer or in rented electric unit.

Quart 1.98
½ Gallon 3.69
1 Gallon 5.98



CHURCH Compression Wood-Molded Toilet Seat

The best seat in the house. 25% heavier solid molded wood base. 4 large seat bumpers. Available in white, blue, gold and avocado. Reg. 7.95.

Only 6.95

SUNBEAM VISTA Automatic Glass Percolator

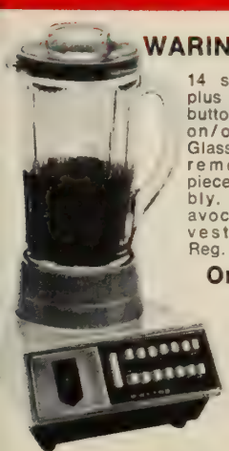


Only 19.94

Makes 3 to 11 cups. Strength selector to make coffee brewed to suit your taste. Beautifully flowered glass pitcher is removable for easy cleaning. Break-resistant lid. Model VP2G.

DEPOSIT THIS COUPON AT ANY ACE STORE

WARING Blender



14 speed buttons plus a flash blend button for instant on/off blending. Glass pitcher with removable one piece blade assembly. Available in avocado or harvest. Model 73. Reg. 24.95.

Only 19.97

ACE HARDWARE

Dept. BHG/12/73
ACE HARDWARE CORPORATION
Chicago, Illinois 60638

CARS FOR CHRISTMAS!

WIN A CADILLAC OR A MAZDA





1st prize—1974 CADILLAC
2nd prize—1974 MAZDA
3rd prize—1974 MAZDA

Complete and deposit coupon at any Ace Store before December 10, 1973. No purchase required. Facsimile coupon can be used. Fully equipped Cadillac Coupe De Ville and fully equipped Mazda Sedans will be awarded before December 25, 1973. Not open to contestants where participation prohibited. Contest subject to Federal, State & Local Laws and open to persons 18 years or older. Prizes not transferable, not refundable or redeemable in cash or cash value and awarded on national basis. (BHG 12 73)

Name _____

Address _____

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The best recipes from 5 decades.

Better Homes and Gardens celebrates the sale of 50 million cook books with this new American classic.

Since the 1930's, Better Homes and Gardens has reflected and affected all that's best in American home cooking. And now, the editors have compiled 607 of America's most popular recipes from five decades, all re-tested and updated for today's cooking methods.

Remember City Chicken? Or S'Mores? They're included along with great old-timers like President Roosevelt's Boiled Salmon with Egg Sauc and promising newcomers like Chilled Yogurt Soup and Sunflower Seed Bread.

Along with the recipes, you'll find page after page of nostalgia; including all the changes, from mechanical refrigeration to wartime rationing to microwave ovens, that have affected the ways we cooked the things we loved.

It's a book to be read and re-read, shared with friends and used for years to come. For you, for someone on your gift list, ideas that make a difference from Better Homes and Gardens. $16.95.

Ideas that make a difference

Better Homes and Gardens® Books
WHEREVER BOOKS ARE SOLD

s on page 4

e Christmas

Thematics™ Stand-Out Insert™ is a trademark of **Synergistic Marketing, Inc.,** 477 Madison Ave., N.Y., N.Y. 10022

Imperial® Holiday Cookies

Thoroughly cream *1 cup Imperial® margarine*; 1 cup sugar,* and *1-1/2 teaspoons vanilla.* Add *1 egg* and *1 teaspoon water;* beat till light and fluffy. Combine *3 cups Gold Medal® flour†; 1-1/2 teaspoons baking powder* and *1/4 teaspoon salt;* blend into creamed mixture. Divide dough in half; chill 1 hour.

On lightly floured surface, roll dough to 1/8" thickness. Cut in desired shapes with 2-1/2" cookie cutters. Brush lightly with milk. Sprinkle with colored sugar, candy decorettes or chopped nuts. Bake on greased cookie sheet at 375° about 6-8 minutes. Cool slightly; remove from pan. (Or bake cookies plain and glaze with confectioners sugar blended with milk.) Makes about 6 dozen.

*One cup Imperial® margarine equals 2 bars or 1 tub.
†Omit baking powder and salt if using self-rising flour.





A Tradition of Great Taste...Holiday Cookies from Imperial®

Try these great holiday cookies, fresh from the oven—made with Imperial® Margarine; the only margarine with fresh, delicious flavor fit for a queen or king.

There are additional recipes right on the other side of this page—in the Taster's Choice® and Rice Krispies® ads. And you can get even more recipes in specially-marked Gold Medal® flour sacks in your favorite supermarket.





New! Triple Treat Holiday Bars from Gold Medal® Flour.

They're easy to make. Take one pan. Bake one base. Then top. Three different, delicious ways: Candied fruits, chocolate glaze, crunchy almonds.

Get the Triple Treat Holiday Bars recipe in this sack of Gold Medal® flour.

And look for other Gold Medal® flour recipes in the Imperial® margarine and Taster's Choice® sections of the Holiday Recipe Treats insert.

464-9881

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MOCHA FLAVORED SOUR CREAM CAKE

CAKE. Preheat oven to 350°F. Combine 3 cups Gold Medal® flour,* 3 teaspoons baking powder, 1 teaspoon baking soda and 1 teaspoon salt; set aside. In bowl combine 1 cup Imperial® margarine and 1 cup sugar; beat until creamy. Add 3 eggs, one at a time, beating thoroughly after each addition. Add flour mixture alternately with 1 cup sour cream.

Filling. Combine 1 6-oz. pkg. (1 cup) Nestle's® semi-sweet chocolate morsels, 1/2 cup firmly-packed brown sugar, and 2 tablespoons Taster's Choice® 100% Freeze-Dried Coffee, mix. Spoon one third of cake batter into greased 10" bundt pan. Sprinkle with 1/2 filling mixture. Cover with another third of batter; then sprinkle with remaining filling. Cover with rest of batter.

BAKE at 350°F. TIME: 1 hour 10 minutes.

Cool 15 minutes, turn out onto cake rack. Cool completely at room temperature. Drizzle cake with Coffee Glaze.

COFFEE GLAZE. Dissolve 2 teaspoons Taster's Choice® 100% Freeze-Dried Coffee in 3 tablespoons boiling water. Add to 1-3/4 cups sifted confectioners' sugar and stir until smooth.

Makes 1 10" cake.

*Omit baking powder and salt if using self-rising flour.





Neat Cake, Neat Coffee, Neat Idea from Taster's Choice®!

Here's a nifty combination to try over the Holidays! It's delicious cake using Taster's Choice® 100% Freeze-Dried Coffee. After the cake is made, try serving it to friends and relatives with a cup of Taster's Choice® regular Or Taster's Choice® Decaffeinated, it's 97% CAFFEIN-FREE but looks, smells, and tastes fresh perked. Neat cake, Neat coffee, Neat idea!





'tis the season for pleasin' with marshmallow treats

It's crunchy, 'n chewy, 'n so delicious! And, you make it quick 'n easy with those two family favorites, Kellogg's® Rice Krispies® cereal and marshmallows. You'll find the great-tasting recipe for Marshmallow Treats on the attached card. Clip it and whip up a batch for your brood's Holiday eating. They'll love 'em.

on page 4

e Christmas chhiker

from time to time with a leg which he emphatically in the air.

seemed a logical choice to Santa when that delicious nt finally arrived and we ed around the Christmas o open the gifts under its nes. A scrawny, long-legged with fuzzy yellow down on n, he played the role to the 'ho-ho-ho-ing" with such siasm that the room fairly l with laughter. To his sur- there were two small pack- nder the tree for him, a f socks in my father's size, wo packs of my father's of cigarettes. He grinned nks, for the first time that eming almost shy.

the day warmed up, David took him on a short tour farm. I remember he stood ong, silent moment looking ver the countryside, then nly exclaimed, "Race you house!"

he middle of the afternoon, enfolk and I drove him to in highway so that he could a late bus to Ft. Benning. t in the backseat of the car his long legs once more his chin. In addition to his he now carried a brown sack filled wih turkey sand- s and fruitcake. "A little hing to tide you over till fast," my grandmother had s she pressed the sack into nds.

the bus drove up, I stood e side and watched the -ups. The young soldier awkwardly for a moment side of the road.

ell, goodbye," he said. thank you." He thrust out nd.

oodbye," my father said. ur country is in good ," my grandfather said, his blazing with fierce pride. bless you, my son. Good

hank you," the soldier said his Adam's apple quiver- he easy banter had deserted He seemed suddenly at a loss ords. "You have really been " he faltered. "Well, good-

turned quickly and climbed d the bus. The door closed a swish and the bus roared

the time we were ready for ip home, dusk had fallen, few bright stars glittered in arkening sky as we drove through the Georgia coun- e. Snuggled in a blanket, I listened sleepily to my father's explanation for the wisps of smoke that hung over the far-off woods. "The rabbits are making mulligan stew," he said, as always.

I thought back over the events of the day, a day that seemed wrapped in a golden haze. Somehow I knew that it had been a special Christmas day, made so by the presence of the young soldier. As I drifted slowly off to sleep, the sound of his laughter seemed to linger in the air, replacing the shadow of fear with hope —prevailing hope for a better tomorrow. ■



The real three-hour fire that takes only a minute.

When you settle down with a good book (or a very good friend), what do you yearn for in a fire? Bright lively, lasting flames to etch flickering shadows on the walls... Soothing warmth to chase the chill from your bones.

But you don't want all that unsettling preparation. So you reach for a Duraflame® fireplace log. It's everything a really satisfying fire ought to be. Without the ups and downs of ordinary cord-wood.

Far easier to start. Just one Duraflame with paper crumpled beneath it... just one match to light. And your hearth glows with flames. For hours without attention.

A real three-hour fire, Duraflame's made of honest-to-goodness wood blended with wax for faster lighting, longer burning. Cleaner handling too—start to finish. (No messy kindling; hardly any ash.) For safest use, please follow wrapper instructions carefully.

No woodpile storage problems either. You can pick up Duraflame almost any place you shop, and keep a few logs on the ready. For old-fashioned fireside warmth, in a minute.



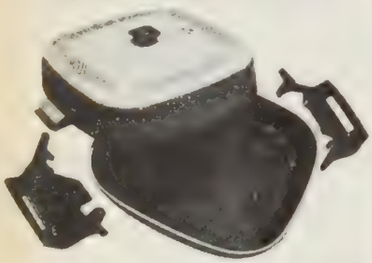
Duraflame, Inc. P.O. Box 49, Stockton, Calif. 95201 Phone (209)464-9851

GIFT GUIDE

There are stubborn wrinkles you can do something about. The GE Power Spray Iron gets out wrinkles, fast. All you do is press the Power Spray button (that's press no pumping with this iron), and out comes a stream of sprinkles when and where you need them. There are two settings, one a light mist for Permanent Press and the other a concentrated spray for stubborn wrinkles. Smooth.

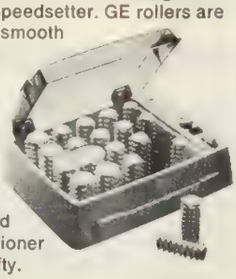


Get a GE Buffet Skillet and eat happily ever after. It's the only thing you need to braise, stew, fry, roast, pan broil, bake, simmer, steam, sauté, warm and hold!

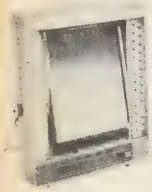


And you can pop it in the dishwasher. Cord and probe come out at the push of a button and legs and handle snap off. Just like that. Easy.

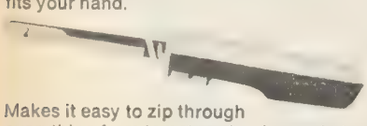
If you hate curlers and love curls, get yourself a GE Speedsetter. GE rollers are tangle-free. So smooth and easy to roll up. You get the fastest set you can imagine. There are 6 Jumbos, 10 Mediums and 4 Smalls, and can be used dry, with conditioner or with mist. Nifty.



Mirror mirror on the wall, you're not as honest as a GE Lighted Make-Up Mirror. Have you ever checked yourself out in daylight after you've made up in the bathroom? Different? Can't happen with a GE Lighted Make-Up Mirror. It has four separate light settings: Day, Office, Home and Evening. To let you see yourself as others see you, wherever you are. Honest.



When is an electric knife more than just a meat knife? When it's a GE super sharp slicing knife with the handle that really fits your hand.



Makes it easy to zip through everything from tomatoes to pineapple to turkey to ham to bagels to sandwiches and yes, even to ice cream. Delicious.

GENERAL ELECTRIC



Make-ahead stuffings

You can make any of these stuffings the day and refrigerate overnight. Then they're r tuck into, or cook along with, that company bird on the busy day.

ZESTY CORN STUFFING BALLS (below)
Serve these herbed balls with roast chicken—

½ cup chopped onion
½ cup chopped celery
4 tablespoons butter or margarine
1 17-ounce can cream-style corn
½ cup water
1 teaspoon poultry seasoning
⅛ teaspoon pepper
1 8-ounce package (3 cups) herb-seasoned stuffing mix
3 slightly beaten eggs
½ cup butter or margarine, melted

In saucepan, cook onion and celery in the spoons butter or margarine till tender but not Add corn, water, poultry seasoning, and bring to boiling. Pour over stuffing mix; toss er lightly. Stir in eggs. Shape into 7 or 8 balls in 9x9x2-inch baking pan. Pour melted bu margarine over. Refrigerate, if desired. B 375° oven for 25 minutes.



Photogr

OLD-FASHIONED STUFFED TURKEY (above)
Use 1½ cups milk for a more moist stuffing—

1½ cups finely chopped carrot
½ cup finely chopped onion
½ cup finely chopped celery
4 tablespoons butter or margarine
8 cups dry bread cubes
1¼ to 1½ cups milk
⅓ cup snipped parsley
2½ teaspoons rubbed sage
1½ teaspoons salt
Dash pepper
8- to 10-pound turkey

In large saucepan, cook carrot, onion, and celery in butter or margarine till tender. Add to bread cubes with milk, parsley, and seasonings; toss to coat. Chill overnight, if desired. Just before roasting, rinse bird and pat dry; rub cavities with salt. Stuff and truss. Bake in 325° oven for 4 to 4½ hours or till meat thermometer inserted in the thigh registers 185°. Makes 6 cups stuffing.



POTATO DRESSING FOR DUCK (left)
Potatoes and dressing all in one—

¾ cup chopped onion
¼ cup chopped celery
4 tablespoons butter or margarine
2 medium potatoes, cooked and mashed (2 cup
1½ cups soft bread crumbs
2 beaten eggs
2 tablespoons snipped parsley
¾ teaspoon salt
½ teaspoon dried marjoram, crushed
⅛ teaspoon pepper
5-pound duckling

Cook onion and celery in butter or margari tender. Combine with potatoes, bread crumbs parsley, and seasonings; mix thoroughly. Cov chill, if desired. Just before roasting, salt ca duck; stuff. Prick skin all over. Truss; place breast side up, in shallow roasting pan. Roa covered, in 375° oven for 1½ to 2 hours. In temperature to 425° and roast 15 minutes m till leg moves easily. *Or,* bake potato dressing ered, in 1-quart casserole in 375° oven for 4 utes. Makes 3 cups dressing.

Can you match their hands with their ages?













It's not easy, is it? They both have young looking hands. Nancy MacIntosh, age 20, is a teacher. And she hardly ever washes a dish. But Mrs. Sherron Sandrini, age 31, does lots of them every day. She says, "I have the same responsibilities most married women have. I make a home for a husband and three children. And that means housework and lots of dishes! That's why I take care of my hands and use mild Ivory Liquid. I just know Ivory Liquid helps me keep my hands young looking."

Mild Ivory Liquid helps keep hands young looking.







Available where books are sold.
Suggested retail price $9.95

The perfect Christmas Gift

The Living Bible . . . The Readable Bible

At last, a Bible the entire family can understand.

It started when a man named Kenneth Taylor wanted to teach his children love and faith from the Bible; but he found his family, like many people, were confused by the centuries old language of the Bible. He saw a compelling need for a Bible that everyone could understand.

So, for sixteen years, Dr. Taylor paraphrased the Bible into what is now called The Living Bible. Translated idea for idea rather than word for word, The Living Bible is written the way people talk *today*—not hundreds of years ago.

And now, in only two years since publication, over ten million copies of The Living Bible are in print. Educators praise it. Both Catholic and Protestant religious leaders recommend it. But most important, millions of families are reading and understanding it.

This Christmas give The Living Bible and discover the "Christmas Story" like never before.

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Swedish Glögg





Photographs: Helms; Dieter

A hot, steamy cup of glögg is Richard Rathsam's way of offering a warm welcome to a friend on a wintry evening in Mechanicsburg, Pennsylvania. He and his wife Jean especially enjoy a cup of the hot cheer in front of the fireplace.

Richard, a test engineer in a nuclear power plant, adapted his recipe from one his grandfather used. Another holiday tradition Richard observes is offering his guests—and his children, Ronald and Melissa—Christmas cookies and homemade fruitcake.

Buying information, page 128

SWEDISH GLÖGG

4 whole cardamom pods
¼ cup broken stick cinnamon
25 whole cloves
Peel of one orange

• • •

2 quarts (8 cups) port
2 quarts (8 cups) burgundy
1½ cups raisins

• • •

1 cup whole blanched almonds
8 ounces cube sugar (2 cups)
1 4/5-quart bottle brandy

Remove seeds from cardamom pods (should have 20 to 25 seeds); tie with cinnamon, cloves, and orange peel in cheesecloth bag. In large saucepan, combine *half* the port, *half* the burgundy, and the raisins; add cheesecloth bag. Simmer, covered, 15 to 20 minutes. Add the remaining wine and the almonds; heat through. Place sugar in another saucepan. Warm about a third of the brandy; pour over sugar and light with match to flame. When sugar has melted, extinguish flame by pouring in the remaining brandy. Add sugar mixture to wine mixture. Serve warm. Float halved orange slices studded with whole cloves in each cup, if desired. Makes 20 eight-ounce cups.

WANTED: RECIPES MEN LIKE TO COOK

Men—share your recipe with us. We'll pay you $50 for it if selected. No food categories, no deadlines. Send your entry to "HE COOKS," P.O. Box 7, Des Moines, Iowa 50336. Recipes submitted become property of Meredith Corporation.



Plants that make Christmas live on

Nothing does more for the house and psyche than having colorful plants around for the holiday season. Whether you choose them yourself or receive them as gifts, live plants are special. And, you can keep them attractive long after the holidays, provided you know the conditions and care your plants require. To guide you, we've selected seven of the most popular Christmas plants and described how to treat them. All these plants should be kept in bright light—preferably sunlight—during the day, and in a cool room at night.

Water before the soil is dry to the touch. Add water until it runs out drainage holes in pots. Don't let water stand in saucers after watering. Examine bottoms of pots kept in metal-foil wraps; wraps often prevent the necessary escape of water.



Poinsettia

Newest varieties of poinsettia, which is probably the most popular Christmas gift plant, last much longer and are less sensitive to drafts and temperature extremes. However, temperatures below 60 degrees F. or above 75 degrees F. will shorten the life of the colorful bracts. The true flowers of poinsettias are tiny greenish yellow nubs in the centers of the bracts, which may be white or pink as well as the well-known red.

Poinsettias do best when they receive at least four hours of direct sunlight, in a draft-free location. Cut back plants in late spring after flowering and repot in fresh potting soil. It's possible but difficult to bring a poinsettia into color a year after you buy it.



Norfolk Island pine

This appealing plant is often used as a miniature Christmas tree, but it makes a handsome houseplant all year round. Norfolk Island pines do well in bright, indirect, or filtered light; in winter they can stand full sun. Feed established plants every three or four months, but wait four to six months before feeding just-purchased or potted plants. Norfolk Island pine is named for the tiny island in the South Pacific where this plant grows wild. Nurserymen usually grow the plants from seeds. These are cheaper than plants propagated from tip cuttings of established specimens.



Photograph: Hopkins

Rieger elatior begonia

This relatively new but already popular plant thrives under good light and average care. It has above-average keeping quality and is characterized by its dark green foliage and orange, red, or salmon-coral flowers. To lengthen the blooming time, select a plant in the half-open bud stage, so you'll have blooms for several weeks.

You can move these begonias outdoors in warm weather. Sink pots in a semi-shaded flower bed or use as a potted plant on patio. Grow in a soil that has a generous amount of peat moss.



Cyclamen
Always water cyclamen around the edges of the pot (water in the crown may cause rot) or set the plant in a dish of water. Never let the soil dry out completely while the plant is in flower or leaves will turn yellow. Leaf yellowing as well as bud blasting may also occur if the night temperature is too high or if the plant is not getting enough light during the day. Cyclamen plants should last a month or more in the home if they are given the proper care.

Christmas pepper and Christmas cherry
Both these plants are readily available and reasonably priced during the Yule season. They're also easy to grow from seed. The plants' attractive foliage, and colorful fruits and blooms make cheerful additions to holiday decor. To prolong their beauty, give plants ample bright light and cool temperatures (45 to 55-degree nights). An occasional mist spray of water helps to keep them looking their best. Miniature peppers (foreground) can be dried and used as seasoning—but they are hot! To grow your own Christmas peppers or Christmas cherries, plant seeds next spring and grow outdoors in a sunny spot. Move inside before frost, and you can have fruits by Christmas.





Azalea
Blossoms last longer on azaleas if plants have bright light in daytime, and cool (under 60 degrees) night temperatures. Keep a constant moisture supply—flowers will wilt and die prematurely if soil becomes too dry. Soak the pot in water occasionally so the moisture will penetrate to the center of the pot. Remove old flowers as they fade. If you want to keep your plant growing, fertilize with acid-type azalea fertilizer every few weeks from the time the flowers fade in the spring until new buds form.

GIVE A PAIR TO THE TWO OF YOU



One for each end of the sofa! Our round commodes from the Thomasville Legacy Collection are styled with classic lines and distinguished by olive ash burl overlays. Or, if you prefer, a special accent finish of brushed white and green.

For the Thomasville dealer nearest you, call toll-free anytime: 800-243-6000. (In Conn.: 800-882-6500.) Or write Thomasville, Box BHL, Thomasville, N.C. 27360.

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Today, the look is uniquely Dynatime. Elegant. Precise. Silent with solid state reliability. No clicking: the time is electronically recorded in large numerals of light. The Dynatime Electronic Digital Wall Clock is available in several styles suitable for any room. The distinctive Kitchen Series is appliance color-coordinated. At better jewelry and department stores.

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begins on page 24

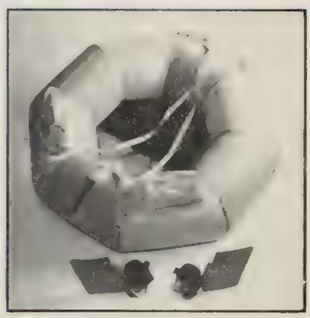
GOOD NEWS





The fishermen in your family will appreciate this fine line of fishing rods fabricated from straight fiber glass. The pack rod (shown at left) breaks down into four sections to stow away in the compact aluminum carrying case. Can't wait until fishing season opens? Fine fly, spinning, and casting rods are available in kit form—a dandy do-it-yourself winter project.

3M Phillipson Swamp Fox Rod, $40; Custom Rod Kits, $25.



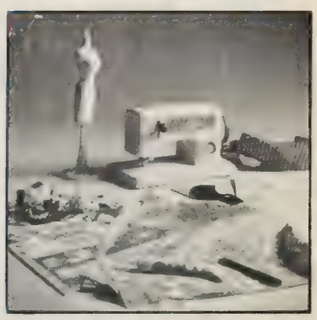
Walk right up to the big fish with this amphibian float. Drifting in the water, you're supported on a seat; when you're out of the water, the float is held waist high by the shoulder straps.

Water Walker, $49.50. American Safety Equip. Corp.



This super-safe jigsaw cuts so smoothly the sawn edges hardly need sanding. Used with the power takeoff, the saw becomes a tool that sands, grinds, and shapes, and drives a handy flexible shaft.

Dremel Motoshop complete with accessories, $54.95.



This child's sewing machine bonds fabric with a nontoxic liquid instead of stitching with needle and thread. After just a few minutes the bonded garment is strong enough to withstand washing, ironing, and years of use.

Mattel Sew Magic complete with accessories, $12.



A "zero adjust" scale takes the math out of meal preparation. Just place one of the bright-colored bowls on the scale, set the dial to zero, and add the required ingredients. Then, set the dial back to zero and add the other ingredients the recipe calls for.

Weighmix with bowls, $16.

continued

Only Christmas is Christmas.
Only V.O. is V.O.



Seagram's V.O. The First Canadian.

CANADIAN WHISKY—A BLEND OF SELECTED WHISKIES. SIX YEARS OLD. 86.8 PROOF. SEAGRAM DISTILLERS COMPANY, N.Y.C.



Is Your Complexion Older Than You Are?

Are you one of the many women who feel young and vital and alive, but whose complexion looks far older than it really is? There is no reason for you to turn down the corners of your mouth in a bleak little expression of despair each time you look into a mirror.

Instead join the younger-looking women in many parts of the world who share the secret of the lovely benefits of a remarkable beauty blend created to help women stay looking younger longer.



Share the secret of this unusual liquid, available at drugstores here in the United States as Oil of Olay beauty lotion. This unique blend, containing a profusion of natural moisture, along with tropical moisturizing oils and other emollients, was developed by beauty researchers. The special formulation quickly penetrates the all-too-visible surface layer of the skin, soothing away dryness. As the dryness which accents wrinkles lessens, those little lines that make you look older are less apparent.

The treasured fluid even helps retain your skin's own natural moisture, to keep you younger looking still. With faithful use, your complexion becomes softer and more radiant, until you have achieved the most youthful look possible for you.

For the most rapid results, let your skin virtually drink in Oil of Olay at least twice a day. Lavish on in the morning, to surround your face and neck with a moist environment. Smooth on again before bedtime, so that the precious fluid can work its wonders during quiet nocturnal hours.

Continue to feel young and vital and alive, and let Oil of Olay help your outward appearance match your inner feelings.

Beauty Hints

Devoted users find that Oil of Olay is absorbed rapidly, leaving no greasy look or feel. The beauty lotion lets cosmetics stay fresh for hours, without their streaking or discoloring. If you re-apply makeup during the day you'll find it refreshing and esthetically pleasing to redo your face from the skin out, beginning with an application of Oil of Olay.

* * *

Gently tap a little extra Oil of Olay® into the area around your eyes, where age often shows itself first, just before you turn out the light.

GOOD NEWS



This portable typewriter puts an end to inky ribbons. Using different cartridges—similar to tape cassettes and instant-load film cartridges—you can change instantly from basic black to color. Erasing is eliminated, too. A special ribbon corrects typing errors.

Coronamatic 2200, $265.



The shutter on top of this pop-up toaster seals in flavor and keeps out curious young fingers. A crank-type cord rewind ends cord clutter.

Panasonic toaster, $19.95.



Foil bike thieves with this rugged aluminum cuff that locks through frame and wheels. The coated cable anchors the bike in place.

Bi-Shackle, $9.95.



These long tapes measure up to any job, slip into your hip pocket, and fit most any gift-giver's budget.

Lufkin 50- and 100-ft. tape measures, about $4 and $6.

continued



A tabletop potter's wheel will keep the kids busy through that stuck-indoors season ahead. Battery operated, it's safe and simple to use.

Potterycraft Kit, $12.99.



Sears presents the no-snag, no-sag drapery rod. Made beautifully for your beautiful draperies.

The look is elegant. From traditional, to gleaming modern, to mellow Mediterranean. And this is just part of Sears exclusive traverse rod collection.

But what you can't see here is the craftsmanship. Tension-pulls engineered to keep nylon cords taut and prevent tangling. Moving parts that are self-lubricated for silent and smooth-drawing draperies. And extra-durable construction, so even heavy, heavy draperies draw smoothly—without sagging.

Sears trouble-free drapery rods. No snag, no sag—and nowhere else but at Sears. At your nearest large Sears, Roebuck and Co. store, or by catalog. At a price that will be sure to delight you.

Only at Sears

Go back to nature for all your marinade ingredients. Including the vinegar.

Heinz Wine Vinegar is made from pure grape wine, and fresh water to control natural acidity. Nothing else. You'll taste its natural flavor in this marinade for Shrimp Kabobs.

MARINADED SHRIMP KABOBS
Combine ¾ cup salad oil, ¼ cup Heinz Wine Vinegar, 1 Tbs. basil leaves, 1 tsp. sugar, ½ tsp. salt, 1 clove garlic, split. Chill. Pour over raw shrimp and mushrooms; marinate several hours. Skewer with tomatoes. Broil 4-6" from heat for 5 mins. Turn once.

Heinz. The Natural Vinegars.



Heinz

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GOOD NEWS



Designed for the serious photo buff, this single-lens reflex camera automatically sets the shutter to the precisely correct speed (from 1/1000 second to four seconds). For special creative effects, a matched needle meter system provides full manual control over the entire speed range.
Nikkormat EL with f/2 lens, $539.50.



Quality earphone speakers feature individually adjustable tone and volume controls on earcups covered with soft foam cushions. The coiled cord extends ten feet to plug into modular units.
Zenith Headphones, $65.00.



A compact compressor helps you save your breath on camping trips, and your temper if you have a flat on the highway. The unit operates on 12-volt current.
Thomas Ind. Compressor, $24.95.



This clock has one job: to wake you up in the morning. Even though it won't tell you the early news, its repeat alarm will remind you to get up and going.
G.E. Ball Clock, $10.95.



Versatile soldering iron features interchangeable tips. That means you can solder wires, trim plastics and fabrics, decorate wood and leather, and emboss metal.
Soldercraft Kit, $6.95.



Let the shimmering, sun-dappled tiles of Italy reflect their gaiety in your home.

Inspired by the festive tiles that beautify Italy's piazzas, parks, and palaces, Cannon Royal Family International Fashions has created Roman Holiday.

Fanciful squares float across thick towels, no-iron sheets of polyester and cotton percale. And the new, truly washable Permapoint™ quilted polyester/cotton bedspreads. In colors to make your spirits soar.

Roman Holiday. Reflecting a way of life and a state of mind as sunny as a summer's day.

International Fashions™

Cannon® Royal Family

Roman Holiday in: Firefly Yellow (shown) or Sky Blue.
Cannon Mills Inc., 1271 Avenue of the Americas, New York, N.Y. 10020



Photographs: Hopkins

The country room. You don't "decorate" a room like this; you sit back and let i evolve. Furniture may include everything from authentic Shaker pieces to garage-sale goodies—and always something comfortable to sprawl on. A happy hodge-podge of valuable and semi-valuable memorabilia spices the scene. That's the friendly spirit you find in the dining room above. For Christmas brunch, we've filled it with homemade gifts and decorations, some of which you'll want to keep ou all year long. Recipes for cookies, lower right, on page 92.



THE HOLIDAY HOME

Setting the scene for a beautiful Christmas

There's something about the Christmas season that brings out the best in a home. Downtrodden carpet revives. Worn spots disappear. Faded paint looks fresh. In short, a bauble-laden evergreen and a pungent beribboned wreath can work decorating magic. But with such a variety of Christmas decorations available, how can you make a selection? That's especially important in this year of skyrocketing prices when materials are expensive and mistakes are costly. To help you choose and use wisely, we gathered a fine collection of make-at-home Christmas ornaments and used them to decorate four very different types of rooms. Chances are you won't find a carbon copy of your home—but you're sure to find designs in one or more of the rooms to suit your particular setting. Interspersed with these feast-for-the-eyes holiday homes, you'll find a bigger-than-ever display of Christmas foods—ideaful snacks for anytime entertaining, a mouth-watering family feast, and edible gifts for fortunate friends.

By Elizabeth D. Craster,
Robert E. Dittmer



Christmas hearts, on small tree at left and at right, are quaint and quick ornaments. Make them from any scrap of leftover fabric as long as it's a small-scale print, and edge them with oddments of rickrack, ribbon, and lace. Stuff with foam scraps or cotton. You can make them in graduated sizes if you wish.



Flamboyant mushrooms stitched from patterned felt scraps are lucky Christmas symbols in many foreign countries. Place mushrooms at a slant (the way they grow) on a bed of evergreen or use as stand-up ornaments on the boughs of a large tree.



Reversible calico place mats have a series of banner-like rectangles sewed to one edge and tipped with a silver bell. For an impromptu centerpiece, glue gingham and calico to plastic foam balls. Ironstone in Independence White pattern is an apt choice.

Complete how-to, page 111.
Designer credits, page 111.
Buying information, page 128.

THE HOLIDAY HOME

Fireplace trims carry out the rustic theme with a padded patchwork tree and an unusual alternative to the Christmas stocking: three stiffened burlap boots. Or use boots, lined with foil, to dispense snacks.



Hansel and Gretel step out of a fairy tale to delight boys and girls at Christmas. You can stitch the big cuddly dolls' Bavarian clothing. Hansel's noble steed, the rocking horse, is an easy workshop project.



Peasant felt wall hanging depicts folk art Christmas symbols from many countries: French dove, Mexican Christmas rose, early English cherry tree, Italian madonna and child, Greek sailing ship, and Byzantine crescent and stars. Each of the felt picture symbols are glued or stitched to a felt background. Then the entire square is appliquéd onto a larger square of printed fabric in contrasting patterns.



Buying information, page 128.



Going home for the holidays? A hefty burlap Santa bag will carry home a heap of loot. And here's an inspired answer to ungainly gifts. Sew up a slew of cloth bags with drawstrings to fit your presents.

Patchwork cracker basket holds a selection of crackers and breadsticks on a side table. Pioneer women used their fabric scraps for just such utilitarian containers when serving dishes were in short supply.





Raggedy Ann and Andy will feel at home in this dollhouse. It's furnished with plenty of heart decorations and ginghams to match their clothes. There are directions for making furniture as well as four-inch dolls.



The gingham dog and calico cat side by side by the butter churn sat. Unlike their counterparts, our updated versions of Eugene Field's fireplace-sitting toys don't eat each other up. Use 'em as pillows or toys.



By Doris Eby and Nancy Byal

Country-style baking

Want to revive the old-fashioned Christmas aromas you remember from childhood? Then start several weeks ahead to bake these irresistible holiday goodies. It's an unbeatable way to fill your house with the scent of Christmas. In our **Sour Cream Currant Coffee Cake** (back left), nut-currant layers are sandwiched in a sour cream cake. Slices of **Spiced Apple Revel Loaf** (far left) show off brilliant layers of a spiced apple filling. A light sifting of powdered sugar and bowlful of eggnog-flavored whipped topping turn easy **Applesauce Fruitcake Ring** (center) into a real showpiece. Apricot brandy-soaked **Brandy Nut Cake** (front right) and a more traditional style **Dark Fruitcake** (back right) are two more ways to make your Christmas merry.

Recipes begin on page 82.

Country-style baking

Photographs: de Gennaro Food Stylist: Mable Hoffman



Whether you allot hours or minutes to baking, you can serve an outstanding bread on Christmas morn. Pineapple and pecans spiral in **Fruit Swirl Loaf** yeast bread.

For **Quick Coffee Braid**, just rearrange refrigerated rolls and fill with preserves and raisins. **German Cinnamon Coffee Cake** is a no-knead bread.
Recipes begin on page 82.

Buying information, page 12

Let the junior cook lend a hand by sifting soda into syrup for **Maple Sponge Candy,** sugarcoating **Spicy Sherried Walnuts,** and measuring ingredients for **Apple Peanut Butter Fudge.**

Our cookie collage includes some of the best from the "old country": chocolate-moon **Finnish Chestnut Fingers** (back), Norwegian **Berliner-kranser** or "Berlin wreaths" (left), and German **Brown Sugar Spritz** (right).









Cookie decorations needn't be complex. Use oatmeal crumbs for **Prune Bars,** meringue for **Jam Thumbprints,** sugar for **Mexican Mocha Balls,** and preserves and almonds for **Cheery Cherry Cookies.**

Who could resist these breads? Raised doughnut fans favor glazed **Ukranian Christmas Eve Doughnuts.** Fry batter by tablespoons for sugary **Oliebollen. Cranberry Orange Rumbas** start with muffin mix.





THE HOLIDAY HOME

The Victorian room. Who can forget the Victorians and their contributions to the lore of Christmas . . . the moving words of Dickens, the incisive pen of Thomas Nast, the treasure-house of ornaments and bibelots and toys? We've gathered some charming examples of that romantic era and photographed them in a grand old Victorian mansion. Not many people have homes like this, but that's not necessary to enjoy our Victorian designs. They blend happily with many periods and styles. In fact, an offbeat bit of Victoriana can even add a fillip to a contemporary room.

Quaint shoulder toppers like these are exciting additions to holiday attire. White topper at left is in a nubby Irish-type crochet stitch. Elegant velvet capelet at right is created by the "yo-yo" technique.



Close-up of the alcove reveals a chessboard decorated with paint rubbings of plants. You make fancywork pillows by weaving satin ribbons on a picture-frame loom, then stitching the ribbons on plump pillows.





Above the entryway bench, piled with a profusion of plain white shelf-paper-wrapped packages, two hobby horses hang against the rich wood paneling. They're papier-mâché copies of museum originals.



Fantasy stick-puppet theater features a king, princess, evil witch, and gallant silver knight complete with armor-bearing horse. Cardboard sleigh upholstered with red velvet paper serves as a package center.

THE HOLIDAY HOME

Like ours, a turn-of-the-century tree was a sentimental jumble of minutiae. Toys, trivia, mementos were piled with magpie zeal on protesting boughs.



Victorian ornaments include (clockwise) a cornucopia, two satin ribbon-trimmed balls, quilling snowflake, and little princess doll.



Nostalgic tree trims feature a 19th-century American flag, pixie clown, felt building block, a felt church, and a wooden rocking horse.



Enticing sideboard display offers sweet wine and tasty cookies. Recipes for **Fruit Nuggets, Mincemeat Ginger Bars, Swiss, Krabeli** are on page 110



Charming vignette of decal-trimmed, papier-mâché balls and packages covered with delicate marbleized paper is artfully arranged on top shelf.



Build a row of town houses for the base of a tree. The lady doll, resplendent in ruffles and flounces is a collector's favorite.





A past-and-present table is set with Castle Garden china, Jubilee crystal, and King Edward sterling silver. Cloth of lace and eyelet rectangles is worthy of any festive occasion.



Edwardian centerpiece shows off flamboyant needlepoint posies in shades of purple and pink with wire-edged petals that can be folded into desired shapes. Here the blooms are inserted in a bowl of carnations.



Making much of a mantel was a Victorian tradition. Ours features a bargello wreath trimmed with gold beads and an elaborately needlepointed bow; three needlepoint and bead ornaments with decal cutouts are glued to center.





Buying information, page 128.

Regal Christmas dinner is served in the red dining room. Impressive trappings that background the feast are an eye-catching topiary, a dream of a table swathed in our contemporary version of the old lace cloth, and a popcorn-garlanded tree laden with gaudy baubles. Boxwood garlands edge the draperies. If you have a large room like this, complement it with a grand-scale wreath hanging free from the ceiling.

A victorian feast

MENU

Minted Grapefruit Cups*
Wine-basted Capons*
with Currant French Bread Stuffing*
Scalloped Potatoes
Ruby-sauced Beets*
24-hour Salad
Cranberry Sauce
Cucumber Carrot Bowl*
Whole Wheat Crescent Rolls* Butter
Victorian Plum Pudding*
Brandy Hard Sauce*
Coffee Tea



It's hard to believe plum pudding began as a tasteless old English dish called frumenty. Later, fruits, spices, and suet made it plum delicious—witness our **Victorian Plum Pudding** with fluffy **Brandy Hard Sauce.**



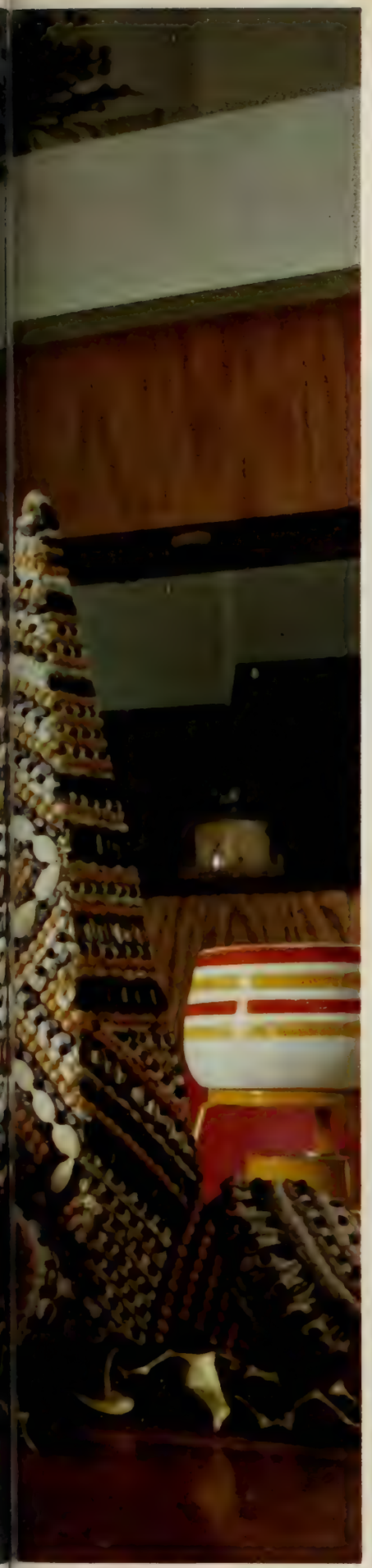
Buying information, page 128.



In the days of "merrie old England," Christmas feasting was traditionally an all-day and all-night affair. Roast boar's head and roast peacock were the main attractions of the ceremonious meal with roast venison, beef, turkey, capon, rabbit, pig, and goose on the side. Our Victorian dinner has been scaled down considerably from that massive repast to suit your Christmas 1973. But our feast still retains some of the flavorful foods that are hallmarks of the Victorian era including the wine-basted capons, the currant stuffing, and the Christmas plum pudding.

***Recipes appear in this issue and begin on page 82.**





THE HOLIDAY HOME

The natural room. More and more of today's homes bear witness to the back-to-nature movement. Inside and out you'll find slate, fieldstone, weathered woods, and pale paneling. How can you give a home like this the look of Christmas? Tinsel and spangles would be all wrong. Instead we chose decorations made of natural materials such as seeds, feathers, straw, cornhusks, and rope. Note how these simple trims in muted colors echo the character of the rooms at left and on the following pages. Nothing is discordant—in fact the ornaments in this home are so much a part of the total effect that they could easily become year-round decorations. Recipes for this tempting open-house spread on Page 104.

Rustic wall panel started out as an ordinary wood plank. Wood was distressed and antiqued, then four blocks of color were painted evenly down the length of the plank. Letters were formed over squares with tape.



Balsa-wood tree ornaments look as if a master craftsman had created them. Actually they're for a three-thumbed adult. Some are whittled out of balsa blocks, others have borders decorated with felt marking pens.





Iridescent pheasant-feather wreath is trimmed with a corona of airy dried materials and a jaunty sheaf of wheat arranged asymmetrically on one side. Clumps of feathers are glued to a plastic base.



Seed obelisk centerpiece surrounded by similar seed-encrusted ornaments takes a bit of time and patience to make. But the result is pretty spectacular. First, make the plastic forms, then cover with seeds.

THE HOLIDAY HOME





These squeezable stuffed animals make great gifts for any age, at any time. From top clockwise; a lovable burlap lion with embroidered face and luxuriant yarn mane,a perky Puss in Boots of pink burlap, and a mascot bulldog with pugnacious suede head, knitted green sweater, and track shoes. Owl and pussycat have their own pea-green felt boat-shaped carrying case so their owner can take them voyaging. Note the handsome packages all wrapped in crisp brown paper and tied with orange and gold velvet ribbon.

Buying information, page 128.



Bird's nest wreath is made by covering a wreath form with nesting straw, then winding it with bright gingham ribbons. Long wheat stalks and artificial fruit are tied on the bottom with a fake nest in center.



Burlap runner on the open-house punch table provides one bright color accent. Peasant motifs of hearts and stylized flowers are worked with only three stitches. It's a fast project to complete during the holidays.



Simple balsa-wood creche is surrounded with pine cones and votive lights. Cut figures from thin pieces of balsa wood and decorate with felt marking pens to resemble woodburning. Youngsters enjoy making this one.

Heavy rope snowflakes, equally effective outdoors, are scattered casually over the matchstick blinds. To make trims, divide then braid the rope into big and small geometric designs.



Cornhusk Christmas tree, used here as a buffet centerpiece, is suitable for most any area. Rows of cornhusks are looped, glued on a plastic form, and then trimmed with cranberries or wood beads.



Feather, wool, and mirror ornaments clustered on a bare wall demonstrate how effective wrap-warp weaving and crochet techniques can be when combined. Mirror centers are kept in place by wide crocheted borders.





Nibbles—holiday naturals

For a family Christmas gathering that leans toward the casual and unruffled, scatter an assortment of these nourishing nibbles in several locations about the room. On one table, set up a double-decker **Sandwich Carrousel** (back left) to satisfy hearty appetites. Oatmeal and whole wheat bread wedges are alternately layered with slices of corned beef, Swiss cheese, and a crisp chopped vegetable filling. From the remaining bread trimmings, make **Avocado Cheese Triangles** (front) and top each with a pimiento star. Serve them side by side with **Muffins Plus** (front left), appetizer-size muffins with zippy deviled ham and cheese centers. **Maply Appetizers** (front right) are a tasty addition with a traditional red and green color scheme. A chafing dish keeps saucy chunks of pineapple, sausage, green pepper, and maraschino cherries hot for hours. The basket of **Wholesome Holiday Snax** (center) is sure to need replenishing. A light honey-brown sugarcoating flavors puffed wheat cereal, pretzels, peanuts, sunflower seeds, and wheat germ. Vibrant **Spicy Cranberry Punch** (back right) and fluffy **Coffee Nog** (back center) make merry companions to all these yuletide treats.

Recipes begin on page 82.



Nibbles—holiday naturals



A side table of dips and spreads is a natural for holiday snacking. **Blue Cheese Pâté** (left), surrounded by vegetable dippers, is based on blue cheese, liverwurst spread, and cream cheese. Press the mixture into a small bowl to chill. To serve, unmold and garnish with sieved egg yolk. For lemon- and parsley-laden **Hot Broccoli Dip** (center), just heat pureed broccoli with mushroom soup mix and sour cream. Serve in a fondue pot with assorted crackers. **Green Goddess Dip** (front right) mirrors the famed dressing with anchovy paste and chives. A wreath of chutney adorns **Creamy Curry Dip** (back right), based on neufchatel cheese.

Recipes begin on page 82.

Buying information, page 128.



To satisfy "sweets" fanciers, lavish a third side table with these sugarplum treats. **Glazed Cashew Clusters** (back left) are patty-shaped cashew brittle. Dates and gumdrops give **Jingle Popcorn Balls** (back center) a color and flavor boost. Turn **Filbert Fancies** (back right) into "snowballs" by rolling them in coconut. For thin **Slovakian Nut Candy** (front left), roll the hardening syrup quickly on a buttered surface with a rolling pin. Our fudge stack-up (front right) features **Healthful Fudge** on the bottom, a chewy candy which includes such health food favorites as honey, carob powder, and sunflower seeds. On top is walnut-studded **Mallow-nut Fudge.**

THE HOLIDAY HOME

The contemporary room. Coming up with Christmas decorations to complement a coolly contemporary room like the one at right can pose a real challenge. Here you can't fall back on the seasonal trappings that work in a traditional room, with its lustrous woodwork, comfortable mix of furniture, and open fireplace. Somehow the usual yuletide ornaments just don't go with the sophisticated setting. On these pages, you'll find designs that do. Some are light and airy, some brilliant and flashing, some have a clean-cut purity of line. All will complement, not clash with, your contemporary room.

Mod gifts to please the crowd include stick puppets with heads made from hard pack boxes, a brilliant feline pull toy, and ordinary breadboards with abstract designs gouged out on one side.



Hip-length cape with matching cap features brown, black, gray, and white traffic-stopping stripes. The outfit is great for Mom to wear to the market or Susie to wear skating. And it's not difficult to knit.





Corrugated paper creche illustrates how you can create a small work of art from unlikely and inexpensive material. All the figures (plus a manger not shown) are cut, folded, and glued to achieve this sculptured look.



Flashing ornaments for the ice-palace tree are geometric snowflake designs outlined in craft lead against a clear acetate background, trimmed with mirror squares. You won't need many, they're so big.



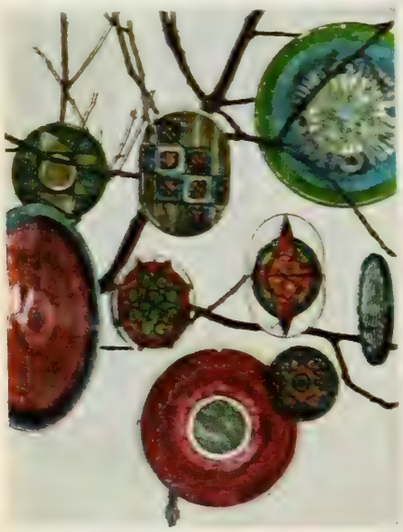
Buying information, page 128.



THE HOLIDAY HOME



Rose-window decorations are constructed with such everyday objects as tissue paper, compass, cardboard, and white glue. You roll pieces of tissue into pellets and apply to appropriate areas of the cardboard.



Corner arrangement of opaque ornaments gets maximum exposure in a textured floor-standing vase. These airy discs are formed from cooking crystals and crayoned shelf paper baked in the oven for two hours.





Triptych, wall-hanging, and tree are ideal decorating accents any season. Madonna and child embroidery (in foreground) is sized to fit standard picture frames which are hinged together. Wall hanging combines quick point and fabric appliqué. Abstract wood tree with hanging geometric shapes is a workshop project which employs spaghetti as a wood trimming.



A shiny wreath and geometric shapes of Mylar spark up a snack center. To make the wreath, staple pieces of silvery paper to a cardboard circle. Shimmering cubes can be constructed in a variety of sizes by gluing Mylar to a cardboard base. Since ornaments like these are weatherproof, they'll form an eye-catching combination on a front door. Fruit appetizers and dips are temptingly displayed in a variety of non-matching crystal goblets on the snack table—an ingenious way to use leftover stemware. Recipes begin on page 82.



Colorful foods make a striking focal point when they're displayed against a snow-white background. (Right to left) Fluted cups house individual servings of **Frozen Pineapple Salad** with a candied cherry and pecan garnish. The entrée, **Orange-sauced Ham,** is surrounded by sawtooth-edged orange shells filled with **Brandied Cranberries.** Sweet potatoes are good with ham but why not serve something great and unexpected like **Candied Banana Squash?** Round out the menu with **Broccoli Onion Deluxe,** a casserole you can assemble in advance, then bake while everyone enjoys the appetizers. **Recipes begin on page 82.**

A contemporary buffet

If you think that buffet dining is "old hat," note this impressive holiday setting and think again. For dazzling openers, the hors d' oeuvres table (bottom) features **Christmas Sparkler,** a home-blended version of cold duck flavored with strawberries. Alongside are fruit kabobs for dipping into coconut-topped **Ginger Dip.** Cherry tomatoes stuffed with canned smoked oysters sit beside **Individual Chicken Quiches** that start with pie crust mix and chicken spread. Set out a bowlful of **Corn and Nut Crumbles,** too. A peanut, parmesan, and garlic blanket covers the corn muffin "crust."

No one will want to miss your special desserts, so plan them (top) for a later-in-the-day attraction. **Brazil Nut Date Cake** will delight fruitcake fans—there's only a little cake and lots of nuts and fruits. Sherry complements a fluffy filling in **Sherry Cottage Cheese Chiffon Pie.**

Buying information, page 128





Good-to-eat gifts

There's an extra-special charm about Christmas gifts that you've made in your own kitchen—especially when they're a bit out of the ordinary. (Clockwise from back) You get lots of **No-cook Mint Patties** with very little effort. Tint a third of the fondant pink, a third pastel green, and leave the remaining third white. Fork lines set the pattern for each patty. Or, offer friends irresistibly rich **Easy Chocolate Truffles** that are rolled in variegated decorative candy. **Seasoned Coating Mix** is a personalized seasoning blend not duplicated in a package. Send along some of your favorite recipes for using the mix, too. **Strawberry Port Jam** starts with frozen unsweetened berries accented with lemon, nutmeg, and wine. For fluffy **Triple Cheese Spread,** simply blend together cheddar cheese, blue cheese, and cream cheese. Present a gift of **Homemade Horseradish Mustard** and you'll be deluged with requests for the recipe. Anyone with a sweet tooth will appreciate a gift of **Gingered Pear Syrup.** This unique topping does great things for ice cream, cake, and fruit. And tea connoisseurs will applaud your subtle **Spiced Tea** blend. Of course, **Chocolate-covered Cherries** (center) are a must for Christmas. Our versions are as much fun to give as they are to eat!

Recipes begin on page 82



If you ever needed a good reason to try Chunky Soups ...here are 8.

Today more than ever Chunky Soups make good sense. Not only are they good hearty soups to enjoy from a bowl, you can also build a meal around them. Pour almost any Chunky Soup over rice or noodles, add salad, buttered rolls and milk, and you've got a satisfying supper. Chunky Soups make good eating any way you look at them.



So Chunky you'll be tempted to eat 'em with a fork.

(But use a spoon. You'll want to get every drop.)

This demonstration recreates the powerful cleaning ability of Sears Lady Kenmore Dishwasher (Certified by the Nationwide Consumer Testing Institute).



Sears Lady Kenmore. The do-it-itself dishwasher.

No scraping. No pre-rinsing. Lady Kenmore has 6 powerful hot ater jets for the bottom rack, surg- g hot water with enough force scrub every dish, pot and pan *ally* clean. Even baked-on food omes off.

And the dishes on top get as ean as those on the bottom. ecause every cup and glass scoured inside and out by field of eight upper jets.

Then there's Lady Ken- ore's protected pulverizer r leftovers. It's kind of a ini-grinder with 12 stainless steel eth that grind soft foods into tiny rticles that wash right down the ain. (Of course, water is always fresh and clean—the water that rinses your dishes hasn't washed them.)



And our 8 *different* cycles include Sani-wash, which gives your dishes an extra-hot 155° final rinse. So everything is hygienically clean.

What's more, Sears Lady Kenmore is built to perform. But if you ever do have a problem, you can rely on Sears service.

Sears Lady Kenmore does just about everything, itself. So you really do have freedom from scraping and pre-rinsing. That's why we call it The Freedom Maker. The Freedom Maker, both built-in and portable, is available at Sears, Roebuck and Co. stores and through the catalog.

Sears



The Freedom Maker™

begins on page 56

Holiday foods

SOUR CREAM CURRANT COFFEE
¾ cup currants
½ cup packed brown sugar
½ cup chopped walnuts
1 teaspoon ground cinnamon
1 package 2-layer-size yellow cake mix
4 eggs
1 cup dairy sour cream
2 tablespoons butter or margarine, melted

Place currants in saucepan; a ter to cover. Bring to boilin move from heat; let stand utes. Drain. Add brown suga nuts, and cinnamon to curran well. Set aside. In large mixer combine cake mix, eggs, an cream. Beat at low speed till ened. Beat 5 minutes at m speed, scraping bowl often. and flour a 10-inch fluted tub Pour melted butter or marga bottom of pan. Sprinkle a fo currant mixture in bottom. half the batter over. Cover w maining currant mixture. To remaining batter. Bake in 350 for 35 to 40 minutes. Let st pan 5 minutes. Unmold carefu rack; cool. Makes 1 coffee c

SPICED APPLE REVEL LOAF
1 14-ounce jar spiced apple rings
¼ cup packed brown sugar
¼ teaspoon ground cinnamon
¼ teaspoon ground nutmeg
¼ teaspoon ground ginger
4 tablespoons butter or margarine
1 cup granulated sugar
2 eggs
1 teaspoon vanilla
2½ cups all-purpose flour
3 teaspoons baking powder
1 teaspoon salt
1 teaspoon ground cinnamon
¾ cup milk
½ cup chopped walnuts

Peel apple rings; mash with Add brown sugar, the ¼ tea cinnamon, nutmeg, and ginge aside. In large mixer bowl, butter or margarine and gran sugar. Add eggs and vanilla well. Thoroughly stir together baking powder, salt, and the spoon cinnamon. Add alterna creamed mixture with milk. walnuts. Spread a third of the into greased and floured 9x5x loaf pan. Drop a third of the mixture by tablespoons onto Repeat layers to make 3 lay each, ending with apple mi Bake in 350° oven 1 hour. C pan 10 minutes. Remove fro Cool on rack. Makes 1 loaf.

APPLESAUCE FRUITCAKE RING
1½ cups all-purpose flour
1 cup sugar
1 tablespoon cocoa powder
1 teaspoon baking soda
½ teaspoon salt
½ teaspoon ground cinnamon
½ teaspoon ground nutmeg
½ teaspoon ground allspice
1 8½-ounce can (1 cup) applesauce
½ cup buttermilk or sour milk
6 tablespoons butter or margarine, melted
½ cup raisins
1 cup chopped mixed candied fruits and peels
1 cup chopped pecans
Sifted powdered sugar
1 recipe Eggnog Topping

In large mixer bowl, thorough

continued on page 88

Go-togethers for your holiday get-togethers



othing complements the hicko-
-smoky flavor of a lean and
nder Rath Canned Ham like a
ol, frosty mold made with
liracle Whip Salad Dressing
om Kraft. For your holiday
inner or for festive buffets,
ey're perfect go-togethers.

SNOWY EMERALD MOLD

- envelope unflavored gelatin
- cup cold water
- 3-oz. pkgs. lime flavored gelatin
- 2 cups boiling water
- 1½ cups cold water
- ¾ cup Miracle Whip Salad Dressing
- ½ cup dairy sour cream
- ¾ cup cauliflowerets slices
- ½ cup radish slices
- ¾ cup chopped cucumber

Soften gelatin in cold water; stir over low heat until dissolved. Combine Miracle Whip and sour cream; mix until blended. Stir in gelatin. Pour into oiled 2-qt. mold; chill until almost set.

Dissolve lime gelatin in boiling water; add cold water. Chill until partially set; fold in vegetables. Pour over molded layer; chill until firm. Unmold; garnish, if desired. 8 to 10 servings.

VERY MERRY HAM

- 1 5-lb. can Rath Hickory Smoked Ham
- 1 cup Kraft Pure Apricot Preserves
- 2 slightly beaten egg yolks
- Maraschino cherry halves
- Pecan halves

Heat ham as directed on can. Last 20 minutes remove ham from oven; increase temperature to 350° F. Score fat surface of ham in diamonds. Center 1 cherry or pecan half in each. Combine preserves and egg yolks. Spoon over top and spread on sides of ham. Heat 15 minutes more. (Don't baste.) 14 4-oz. servings.

KRAFT Division of Kraftco Corporation



Rath From Rath—the first family of hams. The Rath Packing Co., Waterloo, Iowa.

To give salads a holiday look, start with Jell-O®

BRAND GELATIN



GENERAL FOODS KITCHENS

Follow these simple directions for arranging fruit and any mold will look special.



1. First dissolve gelatin in boiling water. Add cold water. Then pour ¾ cup of gelatin into a 4 or 5 cup mold. If desired, stir spices into remaining gelatin. Chill both mold and bowl of gelatin.



2. When gelatin in mold has partially set around edges (about 30 minutes), arrange some split whole almonds in a pattern on gelatin and gently press into gelatin, almost to bottom of mold. Return mold to refrigerator.



3. Chop remaining almonds. When gelatin in bowl has thickened (about 1-1½ hours), fold in the chopped almonds, peaches and grapes; spoon into mold.



4. Chill until firm, about 4 more hours. Unmold—see directions on the package. Makes 8-10 servings.

Ingredients

2 pkgs. (3 oz. each) Jell-O Gelatin, any red flavor
2 cups boiling water
1½ cups cold water
1½ -2 cups combination of blanched almonds, halved drained peach slices and halved seedless grapes
1/4 tsp. cinnamon, 1/8 tsp. ground cloves, optional

Start with Jell-O®

This recipe is part of a series. Tear it out and soon you'll have a great recipe collection.

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Buying information, page 128

FILE UNDER DESSERTS

HOLIDAY EGGNOG DESSERTS

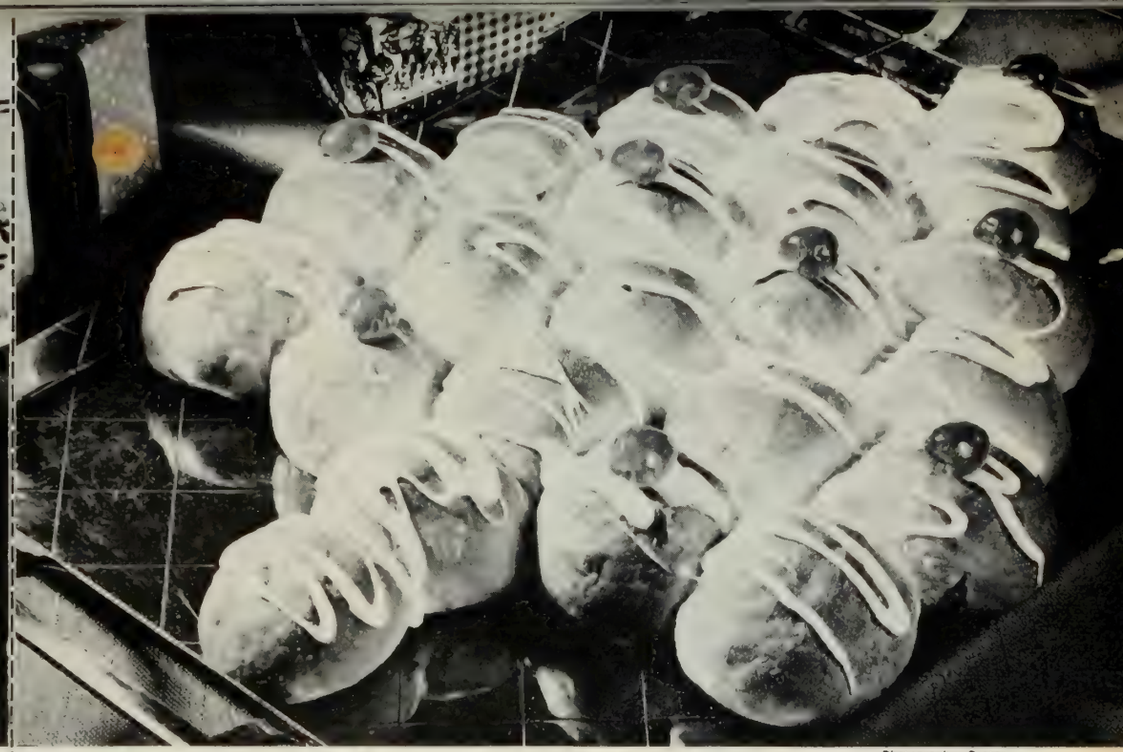
Cranberry Eggnog Cheesecake

Traditional Christmas fruit and drink flavors capture the first prize—

Cream together 3 tablespoons butter or margarine and 3 tablespoons sugar; add 1 egg. Stir in 1 cup all-purpose flour, ¼ teaspoon baking powder, and ⅛ teaspoon salt. Press mixture evenly over bottom and 1½ inches up sides of ungreased 9-inch springform pan. Cream together one 8-ounce package softened cream cheese, ½ cup sugar, and 2 egg yolks. Slowly add 1½ cups canned or dairy eggnog, 1 tablespoon all-purpose flour, 1 teaspoon vanilla, and 1 teaspoon lemon juice. Fold into 2 stiff-beaten egg whites. Pour into crust. Bake in 350° oven 45 minutes or till set. Cool. Combine 1 cup chopped fresh cranberries, ½ cup sugar, and ⅓ cup water. Bring to boiling; reduce heat. Cook gently, uncovered, 5 minutes, stirring occasionally. Soften 1½ teaspoons unflavored gelatin in ¼ cup water; stir into hot cranberries till dissolved. Chill till partially set. Spoon atop cooled cheesecake. Chill several hours or overnight. Pipe whipped dessert topping around edge.

Mrs. Nina Donaldson, Garner, N.C.

Cut along dotted line



Photographs: Dreter

FILE UNDER BREADS

CHRISTMAS COFFEE CAKES

Pineapple Cream Cheese Coffee Cake

A holiday-shaped yeast bread wins first place—

Combine 1 package active dry yeast and 1 cup all-purpose flour. In saucepan, combine one 3-ounce package cubed cream cheese, ½ cup milk, ¼ cup sugar, 2 tablespoons butter or margarine, and 1 teaspoon salt. Heat, stirring often, till cream cheese is melted. Add to dry ingredients. Add 1 egg. Beat ½ minute at low speed on electric mixer; beat 3 minutes at high speed. Drain one 8¼-ounce can crushed pineapple, reserving syrup. Add pineapple and 2 to 2¼ cups all-purpose flour to make a soft dough. Turn out on floured surface. Knead 3 to 5 minutes. Place in greased bowl, turning once to grease surface. Cover; let rise till double. Punch down. Shape in 22 balls. Arrange in tree shape on greased baking sheet using 2 balls for trunk. Let rise till nearly double. Bake in 350° oven for 30 to 35 minutes. Combine 1 cup sifted powdered sugar and 3 to 4 teaspoons of the reserved pineapple syrup. Drizzle frosting atop. Garnish with maraschino cherries.

Mrs. Norma Coppenbager, Sacramento, Calif.



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Cranberry Orange Bubble Loaf

2 cups packaged biscuit mix
½ cup orange juice
½ of 8-ounce can (½ cup) jellied cranberry sauce
4 tablespoons butter or margarine, melted
½ cup packed brown sugar
1 teaspoon shredded orange peel

Combine biscuit mix and juice; mix well. Divide into 16 portions. Cut cranberry sauce into 16 pieces. Shape each portion of dough into a ball around a piece of sauce. Roll balls in butter or margarine. Combine brown sugar and peel. Roll dough in brown sugar mixture. Place in greased 8½x4½x2½-inch loaf pan. Bake in 350° oven 30 minutes. Let stand 5 minutes then turn out. While warm, frost top with a mixture of ½ cup sifted powdered sugar, 2 teaspoons milk, and ½ teaspoon vanilla. Serve warm.

Lucy Potts, Albuquerque, N. Mex.



Christmas Plum Coffee Cake

3 tablespoons granulated sugar
4 tablespoons butter or margarine
½ cup milk
1 13¾-ounce package hot roll mix
2 slightly beaten eggs
1 8¾-ounce can purple plums, drained and chopped
1 cup packed brown sugar
½ cup finely chopped almonds
½ cup fine dry bread crumbs
½ teaspoon ground cinnamon

Heat together granulated sugar, butter or margarine, and milk. Cool. Add yeast from roll mix; stir to dissolve. Add eggs and flour from mix; stir till smooth. Knead 3 to 5 minutes; turn into greased bowl. Cover; let rise till double. Punch down; let rest 10 minutes. Divide in half. Roll each half to 12x8 inches. Combine remaining ingredients. Spread half on each rectangle. Roll long sides to center. Place on greased baking sheets. Cut to but not through center at 1½-inch intervals on each side. Twist cut edges up. Let rise till double. Bake in 375 oven 30 minutes. Cover with foil last 15 minutes.

Marie Bergamini, Walnut Creek, Calif.



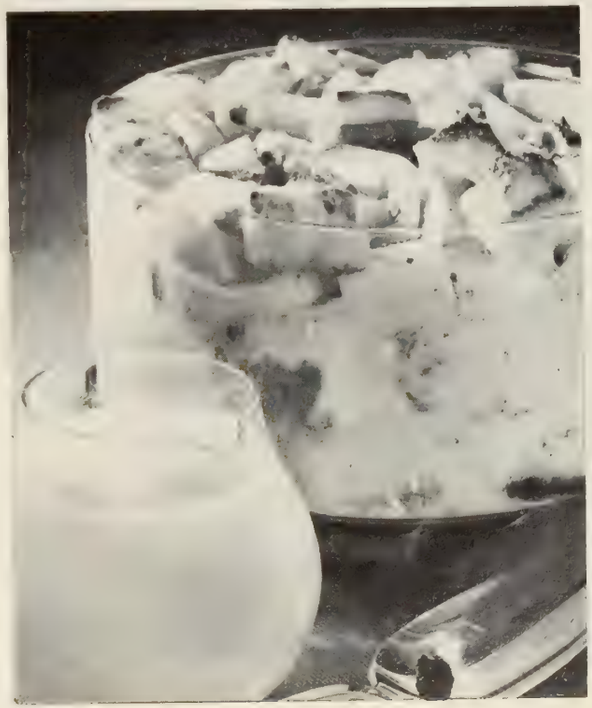
Eggnog Macaroon Molds

A delicious holiday dessert that waits in your refrigerator till serving time—

1 envelope unflavored gelatin
¼ cup sugar
2 cups canned or dairy eggnog
½ cup macaroon cookie crumbs (5 cookies)
2 tablespoons rum
1 cup whipping cream
⅓ cup maraschino cherries, sliced
8 maraschino cherries

In saucepan, combine gelatin, sugar, and eggnog. Heat to dissolve gelatin. Stir in cookie crumbs and rum. Chill till partially set. Whip cream; fold into eggnog mixture. Fold in sliced cherries. Pour into individual ½ cup molds. Chill till firm. Unmold into serving bowls. Garnish with whole cherries and additional cookie crumbs, if desired. Makes 8 servings.

Mrs. Laura Getschmann, Bremerton, Wash.



Eggnog Angel Pudding

Top with a Butter Rum Sauce—

4 eggs
¼ cup powdered sugar
3 cups milk
1 teaspoon vanilla
¼ teaspoon salt
¼ teaspoon ground nutmeg
5 cups angel cake cut in ¾-inch cubes (1 8-ounce cake)
¼ cup toasted slivered almonds

Beat eggs till foamy. Beat in powdered sugar; add milk, vanilla, salt, and nutmeg. Fold in angel cake cubes; let stand 5 minutes. Pour into 1½-quart souffle dish; sprinkle almonds atop. Bake in 325° oven for 1 hour or till knife inserted off center comes out clean. Serve warm with hot *Butter Rum Sauce:* Combine ¼ cup granulated sugar and 4 teaspoons cornstarch; gradually add 1 cup water. Cook and stir till mixture thickens and bubbles. Add 2 tablespoons butter or margarine and 2 tablespoons light rum. Makes 1 cup sauce. Makes 6 to 8 servings.

Mrs. Bernice Schell, West Point, N.Y.

Rich. Chunky. Chewy. Moist. All at the same time.

It's the new Betty Crocker® Bar Cookie.



Peanut Butter Chocolate Chip

Butter Pecan

Honey Spice Nut

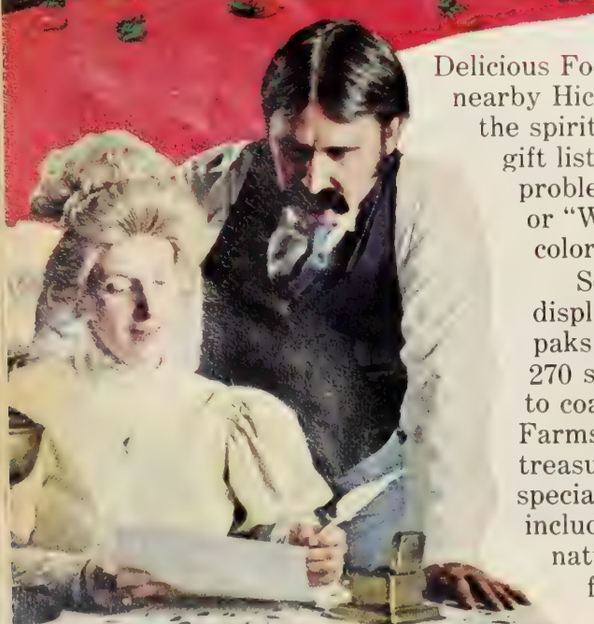
The Bar Cookie Mix. It's new, and only from Betty Crocker. And there's enough in each box for a 13 x 9 inch baking pan. Isn't it nice to know that with so little effort you can bake up so much great taste?



GIFTS OF OLD TIME GOODNESS

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Delicious Food Gift Paks from your nearby Hickory Farms store will convey the spirit of Christmas to your entire gift list. And your gift problems ("Is it the right size?" or "Will they like this color?") are solved.

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TAKE GIFTS WITH YOU OR WE'LL MAIL

continued from page 82

Holiday food

together flour, sugar, cocoa soda, salt, and spices. In bowl, stir together applesa termilk, butter or margarin and nuts; pour over dry ing Mix lightly but thorough into greased and floured ring mold. Bake in 325° 50 to 55 minutes or till do in pan 10 minutes; remo pan. Dust with powdere Serve with *Eggnog Toppin* 2 cups dairy eggnog instead prepare one 2-ounce pack sert topping mix according age directions. Dash t ground nutmeg.

BRANDY NUT CAKE

- 3 cups coarsely chopped walnut
- 1½ cups halved maraschino cherries
- 1 cup light raisins
- ½ cup dark raisins
- ¾ cup all-purpose flour
- ¾ cup sugar
- ½ teaspoon baking powder
- ½ teaspoon salt
- 3 eggs
- 2 tablespoons apricot brandy
- ½ cup apricot brandy

Combine nuts and fruits. Th ly stir together flour, sugar powder, and salt. Add to ture, tossing to coat well. B till frothy; add the 2 tab brandy. Pour egg mixture o mixture; mix well. Pour ba greased and floured 9x5x3-i dish. Bake in 300° oven fo and 45 minutes. Cool in move from pan. Moisten layers of cheesecloth with ½ the brandy. Wrap cake in cloth, then in foil. Store in ator. In two or three days, cheesecloth again with re brandy. Re-wrap cake. Sto frigerator. Makes 1.

DARK FRUITCAKE

- 2 cups dark raisins
- 2 cups pitted prunes, cooked and chopped
- 2 cups (16 ounces) mixed candied fruits and peels
- 1 cup light raisins
- 1 cup (8 ounces) chopped red candied cherries
- ½ cup (4 ounces) candied sliced pineapple, chopped
- 1½ cups broken walnuts
- 1½ teaspoons grated orange pee
- ¼ cup burgundy
- 2½ cups sifted cake flour
- 1½ teaspoons baking powder
- ¾ teaspoon salt
- 1 cup butter or margarine
- 1 cup granulated sugar
- ½ cup packed brown sugar
- 1½ teaspoons ground cinnamon
- 1 teaspoon ground cloves
- 1 teaspoon ground mace
- ½ teaspoon ground allspice
- 5 eggs
- 1½ teaspoons vanilla
- ½ cup brandy
- ½ cup light rum

In large bowl, combine frui nuts, and orange peel. Po gundy over and set aside. gether cake flour, baking and salt; mix half the flour with fruit mixture. In mixe combine butter or margari ars, and spices. Cream till li fluffy. Add eggs, one at a tim ing well after each additio

continued

General Electric Ranges with P-7® self-cleaning ovens are made for people who love to cook, but hate to clean.





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The wall oven Model JK19R

The eye-level oven Model J785

The Microwave Cooking Center

The wall oven

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Soft Parkay Margarine from Kraft



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continued

Holiday food

vanilla. Mix in remaining flo
ture. Pour over fruit mixtu
to mix well. Pour batter in
greased 10-inch shaped tu
Bake in 275° oven for 3
hours or till cake tests don
in pan slightly; unmold a
completely. Combine ¼ c
of the brandy and rum; use t
en several layers of chee
Wrap cake in cheesecloth,
foil. Store in refrigerator
three days. Moisten che
with remaining brandy and r
wrap cake and refrigerate tw
weeks. To serve, garnis
halved almonds and candi
ries, if desired. Makes 1 cak

FRUIT SWIRL LOAF

- 3¼ to 3½ cups all-purpose flour
- 1 package active dry yeast
- 1 cup milk
- ¼ cup shortening
- ¼ cup sugar
- 1 teaspoon salt
- 1 egg
- ¾ cup (6 ounces) red and green candied pineapple, diced
- ¼ cup chopped pecans
- ¼ teaspoon ground cinnamon
- ⅛ teaspoon ground allspice

In large mixer bowl, comb
cups of the flour and the y
saucepan, heat together mil
ening, sugar, and salt just t
(115° to 120°), stirring occa
to melt the shortening. Ad
mixture in mixer bowl; a
Beat at low speed with elect
er for ½ minute, scraping
bowl constantly. Beat 3 mi
high speed. By hand, stir in
of the remaining flour to
moderately stiff dough. Kn
5 minutes. Place in greas
turning once to grease
Cover and let rise in warm
nearly double, about 1 to 1½
Punch down; cover and let
minutes. Meanwhile, combi
pecans, and spices. Divide d
half; knead fruit mixture i
of the dough. Cover and let
minutes. Roll plain dough t
inch rectangle. Brush with
milk. Roll fruit-filled dough
6-inch rectangle; place on
plain dough. Roll up jelly-r
ion, starting from short
form loaf. Pinch to seal
Place, seam side down, in
9x5x3-inch loaf pan. Let
nearly double, about 45 to
utes. Bake in 350° oven for
minutes. Remove from pan
Frost with 1 cup sifted po
sugar mixed with 1 tablespo
and ¼ teaspoon vanilla. D
with additional candied pi
and candied cherries, if
Makes 1 loaf.

QUICK COFFEE BRAID

- 1 package refrigerated crescent rolls (8 rolls)
- ⅓ cup apricot-pineapple preserves
- 2 tablespoons raisins
- ½ teaspoon shredded lemon pe
- ½ cup sifted powdered sugar
- 1 tablespoon milk
- 1 teaspoon shredded lemon peel

Separate dough into 4 rec
Place rectangles of dough
on ungreased baking sheet,

continued



IT TAKES THE TWO TO MAKE DO in every coffee-loving situation. Make haste deliciously with the family-sized Cup-a-Minit Mirro-Matic; brews 5 to 10 cups faster than you can boil water. Perk up your parties with our 22-cup Mirro-Matic; makes it so easy to be ready with "seconds"
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Mirro Aluminum Company, Manitowoc, Wisconsin 54220

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Nice and Easy.

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Just chill one quart can of Borden Egg Nog. Stir in 12 oz. Bacardi dark rum. Sprinkle with nutmeg or cinnamon and serve. Makes eleven 4-oz. servings.

Easy, isn't it? And it tastes like holiday eggnog should taste.

That's because Borden Egg Nog is rich, creamy and pure. And Bacardi dark rum is smooth, dry and mellow. So together they create a taste that's just great.

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BACARDI rum and Borden Egg Nog.

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continued

Holiday foods

ping edges slightly to form a rectangle about 13x7 inches. Press edges and perforations to seal. Combine preserves, raisins, and the ½ teaspoon lemon peel. Spread mixture in 2-inch-wide strip lengthwise down center of dough. Make cuts about 2 inches apart on each side of rectangle just to edge of filling. Fold opposite strips of dough at an angle halfway across filling. Alternate from side to side and slant strips of dough downward to give braided appearance. Fold end under to seal. Bake in 375° oven for 15 to 20 minutes or till golden brown. Blend powdered sugar and milk. Drizzle icing over hot bread. Sprinkle with the 1 teaspoon lemon peel. Makes 1 braid.

GERMAN CINNAMON COFFEE CAKE

- 4 cups all-purpose flour
- 1 package active dry yeast
- 1 cup milk
- ½ cup shortening
- ¼ cup sugar
- 1 teaspoon salt
- 2 eggs
- 1 cup packed brown sugar
- ½ cup whipping cream
- 1 teaspoon ground cinnamon

In large mixer bowl, combine 2 cups of the flour and the yeast. In saucepan, heat milk, shortening, sugar, and salt just till warm (115° to 120°), stirring occasionally to melt shortening. Add to dry mixture in mixer bowl; add eggs. Beat at low speed of electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. By hand, stir in remaining flour; mix thoroughly but do not knead. Brush inside of large bowl with shortening. Place dough in bowl, turning once to grease surface. Cover and refrigerate. (Dough may be used as soon as it is thoroughly chilled, or it may be kept in refrigerator several days.)

Pat dough into two greased 8x8x2-inch baking pans making sure it is pressed into corners. Cover and let rise in warm place till double, 45 to 60 minutes. Combine brown sugar, cream, and cinnamon. With index finger, punch holes ½ inch apart almost to bottom of pan. Pour topping into depressions. Bake in 400° oven about 20 minutes. Cool in pan 10 minutes. Remove from pan. Turn right side up. Serve warm or cool; cut in squares. Makes 2.

MAPLE SPONGE CANDY

- 1 cup maple-flavored cane syrup
- ½ cup sugar
- 2 teaspoons white vinegar
- 2 teaspoons baking soda

Combine syrup, sugar, and vinegar in heavy 2-quart saucepan. Bring to boiling over medium heat, stirring till sugar dissolves. Continue cooking without stirring to hard-crack stage (300°). Remove from heat; quickly sift in soda and mix well. Immediately pour into buttered 9x9x2-inch pan. Do not spread. Cool; break into pieces. Makes about ½ pound candy.

SPICY SHERRIED WALNUTS

- 1½ cups packed brown sugar
- ¼ cup sherry
- 2 tablespoons corn syrup
- 1 teaspoon pumpkin pie spice
- ¼ teaspoon salt
- 5 cups walnut halves
- Granulated sugar

In saucepan, blend brown sugar, sherry, corn syrup, pumpkin pie spice, and salt. Heat till sugar is dissolved. Stir in walnuts till well coated. Roll in granulated sugar. Dry on baking sheet. Store in loosely covered container.

APPLE PEANUT BUTTER FUDGE

- 1 6-ounce package (1 cup) semisweet chocolate pieces
- 1 cup marshmallow creme (½ of 7-ounce jar)
- ½ cup peanut butter
- 1 teaspoon vanilla
- 2 cups sugar
- ⅔ cup apple juice

Combine the chocolate pieces, marshmallow creme, peanut butter, and vanilla; set aside. Butter sides of heavy 2-quart saucepan. Combine sugar and apple juice. Stir over medium heat till sugar dissolves and mixture boils. Cook to soft-ball stage (240°), stirring frequently. Remove from heat; quickly add the marshmallow-chocolate mixture. Stir just till blended. Pour into buttered 9x9x2-inch pan. Cut into squares when firm. Top each square with chopped peanuts, if desired.

FINNISH CHESTNUT FINGERS

- 6 tablespoons butter or margarine
- ¼ cup sugar
- 1 egg yolk
- ½ cup chestnut puree or canned chestnuts, drained and pureed
- ¼ teaspoon vanilla
- 1 cup all-purpose flour
- ¼ teaspoon salt
- ¼ teaspoon ground cinnamon
- 1 slightly beaten egg white
- Sugar
- ½ cup semisweet chocolate pieces, melted

Cream butter or margarine and ¼ cup sugar thoroughly. Add egg yolk; beat till light and fluffy. Beat in chestnut puree and vanilla. Thoroughly stir together flour, salt, and cinnamon. Stir into creamed mixture. Roll into 2½-inch-long fingers using a scant tablespoon dough for each finger. Dip one side of each finger in egg white, then in sugar. Place, sugar side up, on greased cookie sheet. Bake in 350° oven about 20 minutes or till lightly browned. Remove from cookie sheet while hot. Cool on rack. Dip one end in melted chocolate. Place on waxed paper till chocolate hardens. Makes 2½ dozen cookies.

BERLINERKRANSER

- 1 hard-cooked egg yolk
- ½ cup sifted powdered sugar
- 1 cup butter or margarine, softened
- 1 raw egg yolk
- 1 teaspoon vanilla
- 2¼ cups all-purpose flour
- 1 slightly beaten egg white
- Crushed sugar cubes

Sieve the hard-cooked egg yolk. Cream powdered sugar and butter or margarine. Add sieved yolk, the raw yolk, and vanilla. Stir in flour. Chill. Work with small amount of dough at a time, keeping rest well chilled. Break off walnut-sized pieces of dough. Roll with hand to ½-inch round rope about 6 inches in length. Shape in wreath overlapping about 1 inch from ends. Place on ungreased cookie sheet. Brush with slightly beaten egg white; sprinkle with crushed sugar. Bake in 350° oven for about 12 minutes. Makes 3½ dozen cookies.

continued

"Never mind how good t tastes. What counts with me is the Vitamin C in Tang™."

—says aquanaut Sylvia Mead.



lvia Mead has two jobs—one as an aquanaut and a Ph.D. marine biology, the other as a wife and mother.

It's not easy to impress Sylvia Mead. She's an aquanaut who spends hours beneath the surface of the ocean. She's a Ph.D. in marine biology.

She's the mother of an active, energetic family.

She's a woman who's studied incredibly hard and now works even harder. Like any mother, she's particular about what she feeds her family.

We're proud to report that for over four years now the entire Mead family has been drinking Tang. Regularly.

One, because it has lots of Vitamin C.

Two, because they like the clean, cool taste. And finally, because NASA selected Tang to accompany our astronauts into outer space.



ERAL FOODS
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The Sunbeam Mixmaster Mixer.



The Mixer with a mind.

It has a 12 speed Mix-finder dial that takes the guesswork out of mixing. Just set it and mix. In Avocado, White, Harvest Gold, and Chrome. Features include: Portability. 4-quart and 1⅝-quart bowls.

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pressing lightly into prune mixture. Bake in 350° oven 30 to 35 minutes. Cool; cut in squares. Makes 2 dozen.

JAM THUMBPRINTS

- ¾ cup butter or margarine
- ½ cup sugar
- 2 eggs
- 1½ teaspoons vanilla
- 2 cups all-purpose flour
- 1½ teaspoons baking powder
- ¼ teaspoon salt
- ½ cup red raspberry, boysenberry, or currant jam
- ⅓ cup chopped filberts
- 1 teaspoon grated orange or lemon peel
- 2 egg whites
- ¼ teaspoon cream of tartar
- ½ cup sugar

In mixing bowl, cream butter or margarine and the first ½ cup sugar till light and fluffy. Add eggs and vanilla; beat well. Thoroughly stir together flour, baking powder, and salt; stir into creamed mixture. Chill at least 1 hour. Divide dough into 48 balls. Place 2 inches apart on greased cookie sheet. With moistened finger, make indentation in each cookie. Combine jam, filberts, and peel. Place ½ teaspoon jam filling in center of each cookie. Beat egg whites with cream of tartar till soft peaks form. Gradually add the second ½ cup sugar, beating to stiff peaks. Pipe a wreath of meringue onto each cookie. Bake in 350° oven 10 to 13 minutes. Makes 4 dozen.

MEXICAN MOCHA BALLS

- 1 cup butter or margarine
- ½ cup granulated sugar
- 1 teaspoon vanilla
- 2 cups all-purpose flour
- ¼ cup cocoa powder
- 1 teaspoon instant coffee powder
- ¼ teaspoon salt
- 1 cup finely chopped walnuts
- ½ cup chopped maraschino cherries
- Fine granulated sugar

In mixing bowl, cream together ut ter or margarine, granulated su ar and vanilla till light and fl y. Thoroughly stir together flour, o coa powder, coffee powder, and t . Gradually beat into creamed e ture. Stir in walnuts and cher s. Chill dough 1 hour. Shape int inch balls. Place on cookie sh t. Bake in 325° oven 20 minutes. C on rack. While still warm but hot, dust with fine granulated su r. Makes 7 dozen cookies.

CHEERY CHERRY COOKIES

- ¾ cup butter or margarine
- ¾ cup sugar
- 1 egg
- ¼ cup cherry preserves
- 2¼ cups all-purpose flour
- 1 teaspoon baking soda
- ½ teaspoon salt
- Cherry preserves
- Halved blanched almonds

Cream butter or margarine and s ar till light and fluffy. Beat in and the ¼ cup preserves. Th oughly stir together flour, bak soda, and salt; add to creamed m ture mixing thoroughly. Drop fr teaspoon, 2 inches apart, on greased cookie sheet. Bake in 3 oven about 8 to 10 minutes or cookies are delicately brown. cool on cookie sheet 1 or 2 minu remove from cookie sheet. Cool rack. Top each cookie with a li

continued

continued

Holiday foods

BROWN SUGAR SPRITZ

- 1 cup butter or margarine
- ½ cup packed brown sugar
- 1 egg
- 1 teaspoon vanilla
- 2⅔ cups all-purpose flour
- 1 teaspoon baking powder
- 1 recipe Holiday Pineapple Filling

Thoroughly cream butter or margarine and brown sugar. Beat in egg and vanilla. Thoroughly stir together flour and baking powder; add gradually to creamed mixture, mixing to smooth dough. Do not chill. Divide dough in half.* Put half of the dough in cookie press with bar plate. Press dough onto ungreased cookie sheets in ten 10-inch strips. Using star plate and remaining dough, press lengthwise rows on top of each strip along both edges. Fill between rows with red or green Holiday Pineapple Filling. Bake in 400° oven for 8 to 10 minutes. While hot, cut in 1¼-inch diagonals. Cool on rack. Makes about 6½ dozen diamonds.

Holiday Pineapple Filling: In saucepan, mix one 29-ounce can crushed pineapple, drained, and 1 cup sugar; bring to boiling. Simmer 30 to 35 minutes or till very thick, stirring frequently. Divide mixture in half; tint half red and the other half green. Cool sauce completely. Makes 1½ cups filling. **Or,* force all of dough through cookie press onto ungreased cookie sheet into desired shapes. Sprinkle with ground almonds dyed red or green with food coloring, if desired. Bake in 400° oven for 8 minutes; cool. Makes about 5 dozen cookies.

PRUNE BARS

- ½ of 6-ounce can (⅓ cup) frozen lemonade concentrate, thawed
- 1 cup (6 ounces) pitted prunes
- ½ cup packed brown sugar
- 2 tablespoons all-purpose flour
- ⅛ teaspoon salt
- ⅓ cup chopped walnuts
- 1 cup all-purpose flour
- 1 cup quick-cooking rolled oats
- ½ cup packed brown sugar
- ½ teaspoon ground cinnamon
- ½ cup butter or margarine

Add enough water to lemonade concentrate to make 1 cup liquid. In a small saucepan, simmer the prunes, covered, in lemonade mixture till tender, about 4 to 5 minutes. Combine the first ½ cup brown sugar, the 2 tablespoons flour, the salt, and walnuts; add to mixture in saucepan. Cook, stirring constantly, till mixture is quite thick, about 5 minutes. Cool. Combine the 1 cup flour, the rolled oats, the second ½ cup brown sugar, and cinnamon. Cut in butter or margarine, mixing thoroughly. Pat half of oat crumb mixture evenly in bottom of greased 9x 9x2-inch baking pan. Spread cooled prune mixture over crumbs. Crumble remaining mixture over top,

The Sunbeam Cook'N' Clean Cradle Frypan.



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KRAFT

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Holiday foods

additional cherry preserves and an almond half. Makes 4 dozen

UKRANIAN CHRISTMAS EVE DOUGHNUTS

- 4½ cups all-purpose flour
- 2 packages active dry yeast
- 1 cup milk
- ¼ cup shortening
- ⅓ cup sugar
- 1 teaspoon salt
- 1 teaspoon vanilla
- 2 eggs
- 3 egg yolks
- 1 12-ounce can prune cake and pastry filling
- Fat for deep-fat frying
- 1 recipe Glaze

In large mixer bowl, com cups of the flour and the ye saucepan, heat the milk, sh sugar, and salt just till war to 120°), stirring occasion melt shortening. Add vanil to dry ingredients in mixe Add eggs and egg yolks. low speed of electric mixer ute, scraping sides of bowl co ly. Beat 3 minutes at high By hand, stir in enough re flour to make a moderate dough. Turn onto lightly surface; knead till smooth iny, about 4 to 5 minutes. greased bowl, turning once to surface. Cover and let double, about 1¼ hours. down. Let rest 10 minute dough ⅛ inch thick. Cu floured 2½-inch doughnut with center cutter removed one teaspoon prune filling on the circles; top with unfilled Moisten edges with water an edges firmly to seal. Let floured surface till about Fry in deep hot fat (375°) 1 minutes on each side or till brown. Drain on paper to When cool, frost with *Glaze* bine 2 cups sifted powdered ¼ cup milk, and 1 teaspoon la. Makes 24 doughnuts.

OLIEBOLLEN

- 3¼ cups all-purpose flour
- 2 packages active dry yeast
- 1 cup milk
- ¼ cup shortening
- ⅓ cup sugar
- 1 teaspoon salt
- 1 teaspoon vanilla
- 2 eggs
- 3 egg yolks
- ½ cup raisins
- ½ cup diced mixed candied fruits and peels
- Cooking oil for deep-fat frying
- ½ cup sugar
- 1 teaspoon ground cinnamon

In large mixer bowl, comb cups of the flour and the ye small saucepan, heat milk, sh ing, the ⅓ cup sugar, and t just till warm (115° to 120° ring occasionally to melt sh ing. Stir in vanilla. Add milk ture, eggs, and egg yolks to c gredients in mixer bowl. Beat speed on electric mixer for ½ ute, scraping sides of bowl co ly. Beat 3 minutes at high Stir in remaining flour, raisin candied fruits and peels. Cov rise till double, about 30 mi Drop from tablespoon into de oil (375°); fry about 3 mi turning to brown all sides. Dra paper toweling. While still w coat with mixture of the ½ sugar and the cinnamon. Mak

CRANBERRY ORANGE RUMBAS

- 1 egg
- 1 cup cranberry-orange relish
- ⅓ cup milk
- ¼ teaspoon rum flavoring
- 1 14-ounce package apple-cinnamo muffin mix

In medium bowl, beat egg; s relish, milk, and flavoring. muffin mix, stirring with fork till moistened. Fill greased or p lined 2½-inch muffin cups ⅔ Bake in 400° oven for 20 to 25 utes or till done. Makes 12 mu

FROZEN PINEAPPLE SALAD

- 1 8-ounce package cream cheese, softened



Nothing could have been easier than open- ng a Chef Boy-ar-dee Packaged Dinner like paghetti with Meat Sauce

All the basics were there: enriched paghetti, hard grated cheese, and meat auce that has body. It had always been a big it, just as it was, right out of the box.

But now she was ready for something nore ambitious (see below).

And that's when she made culinary history.

Lasagna Frankfurter Bake

urprisingly simple twist for a family favorite.

package Chef Boy-ar-dee Lasagna Dinner
lb package frankfurters
packages frozen mixed vegetables, cooked
slices American cheese

ook noodles; drain. Place each frankfurter end of 2 side-by-side noodles; roll up. Place cooked vegetables in bottom of a buttered 13 x 9 x 2 inch dish. Cut each slice of cheese into 4 strips. Place half the strips on top of the vegetables. Arrange frankfurters on top. Place remaining cheese strips on frankfurters. Spoon sauce over top and sprinkle with grated cheese. Cover and bake at 425° for 25 minutes. Serves 4 to 5.

Spaghetti Meat Pie

Dramatically different. Sure, it's a bit more complicated, but worth every minute you put into it.

1 package Chef Boy-ar-dee Complete Spaghetti Dinner with Meat Sauce
1-1/2 cups dry bread crumbs
1/3 cup butter
1/2 lb. ground chuck
1/4 cup chopped green pepper
1/4 cup chopped onion
1 can (3-oz.) chopped mushrooms
2 tbs. chopped pimento
1-1/2 tsp. salt
1 tsp. basil
1/4 tsp. garlic powder
3 eggs, beaten
3/4 cup milk

Break spaghetti into small pieces; cook as package directs. Sauté bread crumbs in butter. Press crumbs to bottom and sides of 9" pie pan, reserving 1/3 cup. Bake at 375° for 8 minutes. Sauté next 4 ingredients together. Add pimento, seasonings, and canned cheese. Combine eggs, milk, and 1/3 cup of canned sauce. Add meat mixture and spaghetti, toss well. Spoon into pie shell. Sprinkle with remaining crumbs. Bake at 375° for 40-45 minutes. Heat remaining sauce and serve over pie slices. Serves 4-6.

Look for other exciting and delicious Italian recipes on the back of every Chef Boy-ar-dee Packaged Dinner you buy.

Chef Boy-ar-dee.®
The complete dinners you can build on.

BIRDS EYE INTRODUCES THE ROMANTIC HAMBURGER



SKILLET BEEF ITALIANO

1 package (10 oz.) Birds Eye® Italian Style Vegetables
¾ lb. ground beef
1 can (8 oz.) spaghetti sauce
½ cup water
¼ teaspoon oregano

Brown ground beef in skillet, leaving meat in large chunks. Add spaghetti sauce, water, and oregano. Add vegetables. Bring to a full boil, separate vegetables and stir until sauce cubes are blended. Reduce heat, cover and simmer 3 minutes. Makes 3 servings.

SEE COLUMN ON THIS PAGE FOR MORE RECIPES



WITH OUR VEGETABLES AND YOUR HAMBURGER WE CAN MAKE BEAUTIFUL DINNERS TOGETHER

¼ cup granulated sugar
¼ cup packed brown sugar
2 cups pineapple-flavored yogurt
1 15¼-ounce can crushed pineapple (juice pack), well drained
2 tablespoons chopped pecans
2 tablespoons chopped red and green candied cherries

In small mixer bowl, beat together cream cheese and sugars. Stir in yogurt and drained pineapple. Spoon into 10 paper bake cups in muffin pans. Combine pecans and cherries; spoon a little atop each cup. Cover; freeze firm. Let stand 10 minutes before serving. Makes 10 servings.

ORANGE-SAUCED HAM WITH BRANDIED CRANBERRIES

5-pound boneless fully cooked ham
3 medium oranges
⅔ cup light corn syrup
1 tablespoon cornstarch
¾ teaspoon ground nutmeg
1 recipe Brandied Cranberries
Parsley

Place ham on rack in shallow roasting pan; score in diamond pattern over top. Bake in 325° oven till meat thermometer registers 140°, about 2 to 2¼ hours. Halve oranges using sawtooth pattern. Scoop out pulp from one orange; reserve pulp and shell. Squeeze remaining oranges; measure juice. Add enough water to juice to make 1½ cups. Remove membrane from shells; set shells aside. In saucepan, combine orange pulp, orange juice, corn syrup, cornstarch, and nutmeg. Heat and stir till thickened and bubbly; set aside. During last 20 minutes of baking, spoon sauce over ham about a fourth at a time. Remove ham to platter. Remove pan drippings; spoon off excess fat. Heat and pass drippings with ham. Fill orange shells with Brandied Cranberries and arrange around ham with sprigs of parsley.

To prepare Brandied Cranberries: Place 4 cups fresh cranberries in 13x9x2-inch baking pan. Sprinkle evenly with 2 cups sugar. Cover and bake in 300° oven for 1 hour. Stir carefully. Stir in ⅓ cup brandy. Store in covered container in refrigerator. Makes about 3 cups of cranberries.

CANDIED BANANA SQUASH

1 banana squash (2¼ to 2½ pounds)
¼ cup granulated sugar
¼ cup packed brown sugar
4 tablespoons butter or margarine
½ teaspoon salt
Dash pepper

Scrub squash; cut in serving-size pieces, removing seeds and membrane. In saucepan, combine granulated sugar, brown sugar, butter or margarine, salt, and pepper; cook and stir till sugar dissolves. Arrange squash, skin side down, in large shallow baking pan. Spoon sugar mixture into squash cavities. Cover with foil. Bake in 350° oven till squash is tender, about 50 to 60 minutes, spooning sauce over once or twice. Garnish with celery leaves, if desired. Makes 10 servings.

continued

MORE INTERNATIONAL DINNER RECIPES.

RATHSKELLER STYLE GROUND BEEF. *3/4 pound ground beef • 1 teaspoon salt • Dash of pepper • 1/4 cup water • 1 teaspoon lemon juice • 1 teaspoon grated lemon rind • 1 package (10 oz.) Birds Eye® Bavarian Style Beans with Spaetzle with a Seasoned Sauce*

Brown ground beef with salt and pepper in skillet. Add water, lemon juice, lemon rind, and vegetables. Bring to full boil over medium heat, separating vegetables with fork; stir until sauce cubes are blended. Reduce heat, cover and simmer 3 minutes. Makes 3 servings.



ORIENTAL CHICKEN. *3 boned chicken breasts (about 3/4 lb.), or 1-1/2 cups diced, cooked chicken • 2 tablespoons butter or salad oil • 1/4 cup water • 1 package (10 oz.) Birds Eye® Chinese or Japanese Style Vegetables with a Seasoned Sauce • 1/4 cup coarsely chopped nuts (optional)*

Cut chicken into 3/4-inch pieces. Cook and stir in heated butter or oil in skillet until chicken turns white. Add water and vegetables. Bring to full boil over medium heat, separating vegetables with fork; stir until sauce cubes are blended. Reduce heat; cover and simmer 2 minutes. Sprinkle with nuts before serving. If desired, serve with rice. Makes 3 servings.



QUICK GROUND BEEF SAUERBRATEN. *3/4 pound ground beef • 1/4 cup chopped onion • 1/2 teaspoon salt • 1/4 cup water • 1 teaspoon vinegar • 1/4 teaspoon sugar • 1/4 teaspoon ground ginger (optional) • 1 package (10 oz.) Birds Eye® Bavarian Style Vegetables with a Seasoned Sauce*

Lightly brown beef in hot skillet; add onions and salt and continue cooking until onions are tender – about 5 minutes. Add water, vinegar, sugar, and ginger. Move meat mixture to sides of skillet. Add vegetables; bring to a full boil over medium heat, separating vegetables with fork; stir until sauce cubes are blended. Reduce heat, cover and simmer 3 minutes. If desired, serve with cooked noodles. Makes 3 servings.



FRANKFURTERS ALOHA. *6 frankfurters, cut into 1-inch pieces • 2 tablespoons butter or margarine • 3 tablespoons water • 1 package (10 oz.) Birds Eye® Hawaiian Style Vegetables with Pineapple with a Seasoned Sauce*

Brown frankfurters in butter in skillet. Add water and vegetables. Bring to full boil over medium heat, separating vegetables with fork; stir until sauce cubes are blended. Reduce heat, cover and simmer 3 minutes. If desired, serve with rice. Makes 3 servings.



continued

Holiday foods

BROCCOLI ONION DELUXE

2 10-ounce packages frozen cut broccoli
2 cups frozen whole small onions
4 tablespoons butter or margarine
2 tablespoons all-purpose flour
¼ teaspoon salt
Dash pepper
1 cup milk
1 3-ounce package cream cheese, cut up
1 cup soft bread crumbs
¼ cup (1 ounce) grated parmesan cheese

Cook broccoli according to package directions; drain. Cook onions in boiling salted water till tender, about 10 minutes; drain. In saucepan, melt 2 tablespoons of the butter or margarine; blend in flour, salt, and pepper. Add milk all at once; cook and stir till thick and bubbly. Reduce heat; blend in cream cheese till smooth. Stir in vegetables; turn into 1½-quart casserole. Bake in 350° oven for 20 minutes. Melt remaining butter; toss with bread crumbs and parmesan cheese. Sprinkle crumbs over casserole; bake 15 to 20 minutes more. Makes 10 servings.

CHRISTMAS SPARKLER

1 10-ounce package frozen strawberries, thawed
2 tablespoons lime juice
1 4/5-quart bottle (3⅓ cups) sparkling burgundy, chilled
1 4/5-quart bottle (3⅓ cups) dry champagne, chilled

Press thawed strawberries through sieve. Add lime juice; chill. In punch bowl, pour in chilled berry juice. Carefully pour in burgundy and champagne, stirring with up-and-down motion. Makes 14 four-ounce servings.

GINGER DIP

¾ cup dairy sour cream
½ cup mayonnaise or salad dressing
¼ cup shredded coconut, toasted
2 tablespoons finely chopped candied ginger

Combine all ingredients. Cover and chill. Garnish with additional toasted coconut, if desired. Serve with fruit kabobs. Makes 1½ cups dip.

INDIVIDUAL CHICKEN QUICHES

2 sticks piecrust mix
½ of 4¾-ounce can (about ¼ cup) chicken spread
3 wedges (3 ounces) gruyere cheese, shredded
2 eggs
¼ cup light cream
Dash pepper

Prepare piecrust sticks according to package directions. Roll dough thin. With 2½-inch round cutter, cut 24 circles. Fit one pastry round in each of twenty-four 1½-inch muffin cups. Add ½ teaspoon chicken spread and a small amount of shredded cheese to each. Beat eggs; stir in cream and pepper. Fill each cup with about 1½ teaspoons of egg mixture. Bake in 400° oven about 18 to 20 minutes or till golden brown. Cool slightly, 1 minute; remove from pans. Makes 2 dozen.

CORN AND NUT CRUMBLES

1 8½-ounce package corn muffin mix
1 cup (6 ounces) coarsely chopped salted peanuts
½ cup (2 ounces) grated parmesan cheese
1 teaspoon garlic powder
3 tablespoons butter or margarine, melted

Prepare corn muffin mix according to package directions; spread batter evenly in well-greased 15½x10½x1-inch baking pan. Sprinkle with nuts, cheese, and garlic powder; drizzle butter or margarine over top. Bake in 375° oven for 20 to 25 minutes or till lightly browned. Immediately cut in squares; cool slightly. Remove from pan. Makes about 4 dozen pieces.

BRAZIL NUT DATE CAKE

1½ cups whole Brazil nuts (½ pound shelled)
1 cup pecan halves
16 ounces pitted dates
1½ cups drained maraschino cherries
¾ cup all-purpose flour
¾ cup sugar
½ teaspoon baking powder
½ teaspoon salt
3 eggs
1 teaspoon vanilla

In large bowl, combine nuts, dates, and cherries. Thoroughly stir together flour, sugar, baking powder, and salt. Beat eggs and vanilla till foamy; stir in flour mixture. Pour over nut mixture, stirring to mix well. Turn into greased and paper-lined 9x5x3-inch loaf pan. Bake in 300° oven for 1 hour 30 minutes to 1 hour 40 minutes or till cake tests done. Cool in pan 10 minutes; remove from pan. Cool thoroughly. Wrap in cheesecloth moistened with brandy or wine, then in foil. Store several days in cool place, remoistening cheesecloth if necessary. Makes 1 cake.

SHERRY COTTAGE CHEESE CHIFFON PIE

½ cup sugar
1 envelope unflavored gelatin
½ teaspoon salt
½ cup milk
2 slightly beaten egg yolks
1½ cups cream-style cottage cheese
⅓ cup cream sherry
½ teaspoon grated lemon peel
1 tablespoon lemon juice
½ teaspoon grated nutmeg
2 egg whites
2 tablespoons sugar
½ cup whipping cream
1 baked 9-inch pastry shell

In medium saucepan, combine the ½ cup sugar, the gelatin, and salt. Stir in milk and egg yolks. Cook and stir over medium heat till slightly thickened. Beat cottage cheese with electric mixer till smooth. Beat in sherry, lemon peel, lemon juice, and nutmeg. Add to egg mixture, blending well. Chill till partially set. Beat egg whites till soft peaks form. Gradually add the 2 tablespoons sugar, beating till stiff peaks form. Whip cream. Fold egg whites and whipped cream into gelatin mixture. Turn into baked pastry shell. Chill till firm. Garnish top of pie with additional whipped cream, if desired.

continued on page 104



Easy-Off® with 33% more power cleaner

than another popular foam spray.

These ovens were identically dirty before one spraying of each cleaner. Unretouched photos show the difference. Easy-Off (left picture) got its oven sparkling clean. Other cleaner (right picture) left grease and dirt behind.



Great for cleaning broiler pans too.

No scouring and scrubbing with powder or messy steel wool. Just spray on Easy-Off. Let stand as directed, then rinse and wipe sparkling clean!

BHG 12/73



7¢ OFF 7¢
on either Regular or Lemon scented Easy-Off oven cleaner

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Expiration Date: December 31, 1974

7¢ STORE COUPON 7¢



Everything in this kitchen costs more than it did 13 years ago. Except for the KitchenAid dishwasher.

A KitchenAid dishwasher costs less today than it did in 1960.

But it works even better.

It holds more dishes. And we've added features like our patented Soak Cycle. To clean your pots and pans without pre-scrubbing.



Made the racks adjustable so you can handle odd-shaped things like pitchers and meat platters.

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Dishwashers • Trash Compactors
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KitchenAid. Built better. Not cheaper.

SEASON'S

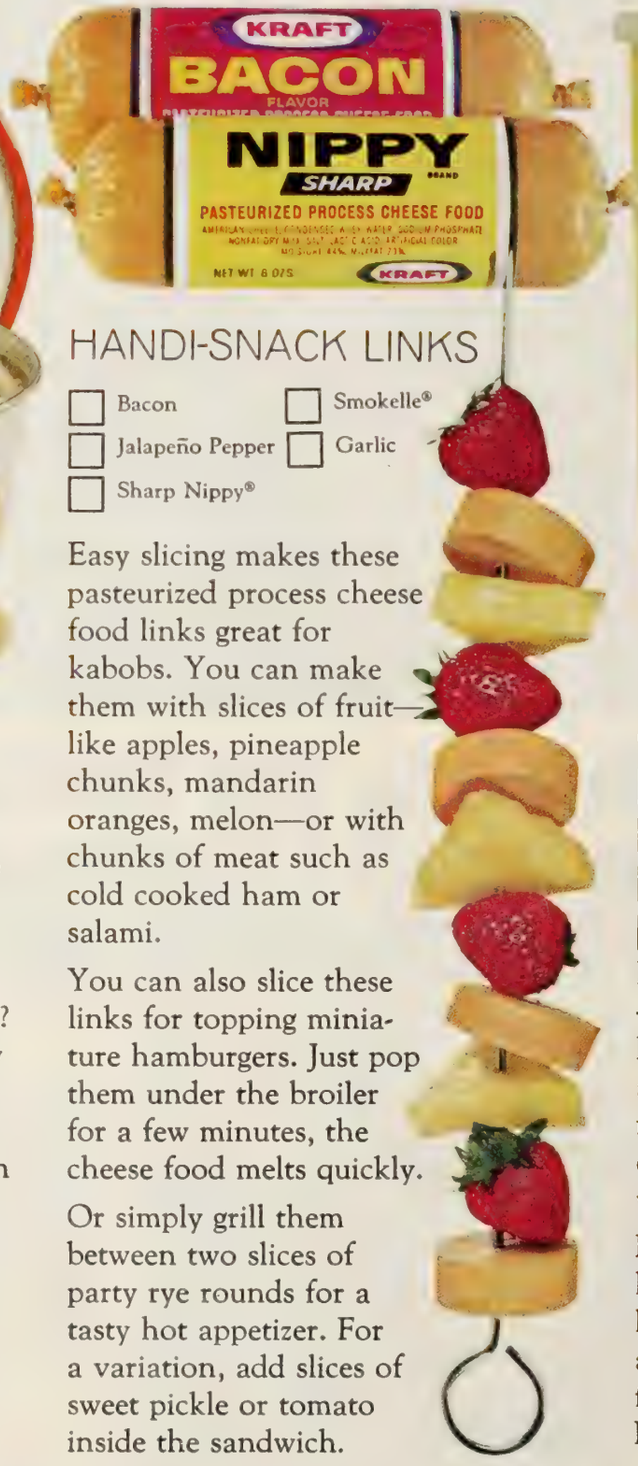
A CHECKLIST OF KRAFT SNAKS TO GIVE YOU SOM



TEEZ DIPS

- ☐ French Onion
- ☐ Blue Cheese
- ☐ Clam
- ☐ Garlic
- ☐ Bacon and Horseradish

Can guests still be impressed? Sure can when you casually bring out these real sour cream dips with the real fancy flavors. Keep them on hand just like you do a box of crackers. You don't have to save them for company. But for a special party hors-d'oeuvre, fill mushroom caps with any of the flavors.



HANDI-SNACK LINKS

- ☐ Bacon
- ☐ Smokelle®
- ☐ Jalapeño Pepper
- ☐ Garlic
- ☐ Sharp Nippy®

Easy slicing makes these pasteurized process cheese food links great for kabobs. You can make them with slices of fruit—like apples, pineapple chunks, mandarin oranges, melon—or with chunks of meat such as cold cooked ham or salami.

You can also slice these links for topping miniature hamburgers. Just pop them under the broiler for a few minutes, the cheese food melts quickly.

Or simply grill them between two slices of party rye rounds for a tasty hot appetizer. For a variation, add slices of sweet pickle or tomato inside the sandwich.



JAR CHEESE SPREAD

- ☐ Olive Pimento Neufchatel
- ☐ Old English Brand Shar
- ☐ Pimento Neufchatel
- ☐ Roka Brand Blue
- ☐ Pineapple Neufchatel
- ☐ Smokelle®
- ☐ Bacon

Learn to use all these snacks —they're delightfully versati For the stack sandwich, alternate slices of luncheon meat with any of the flavors on party rye. Then cut into wedges.

For quick deviled eggs, cut 8 hard-cooked eggs in half lengthwise. Mash the yolks and add 1 jar of any of the flavors and 1 tablespoon mil Refill the whites.

EATINGS

FESTIVE SNACK IDEAS FOR THE HOLIDAY SEASON



QUEEZ-A-SNAK

- ☐ Sharp
- ☐ Bacon
- ☐ Garlic
- ☐ Pimento
- ☐ Hickory Smoke
- ☐ Jalapeño Pepper

re's happy food. Use Squeez-Snak anytime, just because so much fun. Pretzels, ery, bread sticks, crackers nare and round, hot dogs, mburgers—everything goes :h Squeez-A-Snak process eese spread. And Squeez-Snak goes everywhere cause it never needs rigeration.

CHEEZ WHIZ

- ☐ Regular
- ☐ Pimento
- ☐ Jalapeño Pepper

The little glass jar that's full of ideas comes in a lot of flavors for even more good snacks. This fondue blends one 16-oz. jar of Jalapeño Cheez Whiz process cheese spread with ½ cup Parkay Margarine and ½ cup green onion slices. Serve with bread chunks for dipping, or for a heartier snack, cocktail franks.

READY TO SERVE DIPS

- ☐ Dill Pickle
- ☐ Onion
- ☐ Blue Cheese
- ☐ Clam
- ☐ Bacon and Horseradish

These rich, creamy neufchatel cheese dips have sprightly flavors that enhance any chip or cracker. Also try them with crisp vegetable dippers. Strips of carrots, celery, green pepper are good. So are pea pods, green onions and cauliflowerets. Or heat the Bacon and Horseradish flavor over low heat, stirring constantly. Serve with small meatballs.

Kraft Snaks

A GOOD TIME IS ONLY AS GOOD AS ITS FOOD.

KRAFT Division of Kraftco Corporation

FAMILY FOOD IDEAS

We're Listening

Answer Sheet

Complete this answer sheet, clip and mail to:

Family Food Ideas
Post Office Box 4536
Des Moines, Iowa 50336

1. _____ 22. _____
2. _____ 23. _____
3. _____ 24. _____
4. _____ 25. _____
5. _____ 26. _____
6. _____ 27. _____
7. _____ 28. _____
8. _____ 29. _____
9. _____ 30. _____
10. _____ 31. _____
11. _____ 32. _____
12. _____ 33. _____
13. _____ 34. _____
14. _____ 35. _____
15. _____ 36. _____
16. _____ 37. _____
17. _____ 38. _____
18. _____ 39. _____
19. _____ 40. _____
20. _____ 41. _____
21. _____ 42. _____

Enclose your comments addressed to any of the food advertisers listed on this page. They are listening to you!

Thank you for your help.

A computer never has pushed a supermarket shopping cart.

Computers do sort out enormous amounts of valuable information on everything from sales figures to weather forecasts, but they can't tell us why you buy one product and leave another on the shelf.

We need information from your memory bank . . . input only you can supply . . . about the current food situation. We are listening for your answers to the questions below. We also want to hear direct comments about our specific products.

We're listening.

These Family Food Ideas advertisers invite your opinions of their products as well as your answers to the questions below. Enclose comments for these manufacturers with your answer sheet.

Knox Drinking Gelatine
Grocery Store Products—Prime Choice Steak Sauce
General Mills Betty Crocker Frosting Mix
Kretschmer Wheat Germ
Stouffer's Frozen Main Dishes
Hormel Ham
Reynolds Heavy Duty Aluminum Foil
Ore-Ida Tater Tots and Golden Crinkles
Planters Peanuts
Kellogg's Corn Flake Crumbs/ Borden's Eagle Brand/ None Such Mince Meat
Pet Inc. Heartland Natural Cereal
Chef Boy-ar-dee Spaghetti and Meat Balls
Pillsbury Bread Mixes
Grocery Store Products—Kitchen Bouquet
Campbell Soup Company

Select the best answer to each question and enter the letter of your answer beside corresponding number on answer sheet.

1. During this holiday season, I will *(A)* Try to stay within my regular food budget *(B)* Splurge a little on food *(C)* Go all out in cooking and baking.
2. Our use of a grocery shopping list has *(A)* Increased in the past 6 months *(B)* Is the same *(C)* Has decreased.
3. When we have leftovers, I *(A)* Use them over my family's objections *(B)* Seldom make very good use of them *(C)* Make very good use of leftovers.
4. New recipes are *(A)* More important to me than they were a year ago *(B)* No different *(C)* Less important than a year ago.
5. Nutritional information in advertising is *(A)* Helpful *(B)* Difficult to understand *(C)* Unbelievable.
6. Regarding home-canned or home-frozen foods *(A)* This is the first time in years I have prepared any *(B)* We always do some home canning/freezing *(C)* We do no home canning/freezing.
7. Compared to a year ago, I am *(A)* Using more flour *(B)* See no change *(C)* Using less flour.
8. During the past 6 months my reaction to new food products has been *(A)* I am more willing to try new foods *(B)* No change *(C)* Less willing to try new products.
9. During the past 6 months my loyalty to most brand name products *(A)* Has increased *(B)* Has not changed *(C)* Has decreased.
10. I use a cookbook *(A)* 3 or more times a week *(B)* 1 or 2 times a week *(C)* Seldom.
11. Planning and preparing family meals has become *(A)* More rewarding *(B)* More discouraging *(C)* No different.
12. My efforts to dress up family meals (such as using sauces for meats or vegetables) has *(A)* Increased *(B)* Remained the same *(C)* Decreased in the past 6 months.
13. I am much more aware of and watchful for cents-off coupons than I was 6 months ago. *(A)* Agree *(B)* Disagree.
14. I usually read any nutritional information I see on labels or packages. *(A)* Agree *(B)* Disagree.
15. There is no difference in nutritional value between brand name products and a store's own brand. *(A)* Agree *(B)* Disagree.
16. I am buying more frozen dinners because they are cheaper than preparing a meal from scratch. *(A)* Agree *(B)* Disagree.
17. I am making a conscious effort to control my family's impulse buying in the supermarket. *(A)* Agree *(B)* Disagree.
18. We did buy and store some food products during the past 6 months because of feared shortages or further price increases. *(A)* Agree *(B)* Disagree.
19. I am spending more time planning meals than I was 6 months ago. *(A)* Agree *(B)* Disagree.
20. We are eating more casseroles and one-dish meals than we were 6 months ago. *(A)* Agree *(B)* Disagree.
21. Certain vegetables are inexpensive alternatives to meat as a source of protein. *(A)* Agree *(B)* Disagree.
22. I am using smaller amounts of meat for family meals than I was 6 months ago. *(A)* Agree *(B)* Disagree.
23. I have tried synthetic meat (soy bean substitute) products and felt they were of good value. *(A)* Agree *(B)* Disagree.
24. I am willing to pay more per pound for beef than for pork, chicken, lamb, etc. (as much as 20% more for beef). *(A)* Agree *(B)* Disagree.
25. I believe restricting food exports is a good idea. *(A)* Agree *(B)* Disagree.
26. My family objects to meatless meals. *(A)* Agree *(B)* Disagree.
27. I believe food manufacturers are conscientious about giving me full value for my money *(A)* Agree *(B)* Disagree.
28. I use and like many of the packaged dinners (where you add the meat) on the market. *(A)* Agree *(B)* Disagree.
29. I think it is right for manufacturers to put an expiration date on cents-off coupons. *(A)* Agree *(B)* Disagree.
30. I have been buying more store brands because they cost less than nationally known brands. *(A)* Agree *(B)* Disagree.
31. Fancy packaging substantially increases the cost of a product. *(A)* Agree *(B)* Disagree.
32. We plan to have a vegetable garden next year. *(A)* Agree *(B)* Disagree.
33. I am serving canned meats (stews, luncheon meats, heavy meat soups) to my family more often than I was 6 months ago. *(A)* Agree *(B)* Disagree.
34. I am using canned soup as an ingredient in cooking more frequently than 6 months ago. *(A)* Agree *(B)* Disagree.
35. I feel I know enough about nutrition to be confident when planning family meals. *(A)* Agree *(B)* Disagree.
36. I have made a rule to serve meat fewer times during the week. *(A)* Agree *(B)* Disagree.
37. We are doing less entertaining which involves serving food than we did a year ago. *(A)* Agree *(B)* Disagree.
38. I have increased my encouragment of the use of nuts, cheese or peanut butter at meal time and for snacks. *(A)* Agree *(B)* Disagree.
39. I expect food prices to continue to increase faster than other prices for several years. *(A)* Agree *(B)* Disagree.
40. The head of our household is in the following age group: *(A)* Under 25 *(B)* 25 to 34 *(C)* 35 to 49 *(D)* 50 to 64 *(E)* 65 or over.
41. Our total household income (before taxes) is *(A)* Under $5,000 *(B)* $5,000 to $9,999 *(C)* $10,000 to $14,999 *(D)* $15,000 or more.
42. The number of persons (counting myself) living in our household is _____. (Enter total number on answer sheet.)

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e corner drugstore and buy fake
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New Knox Drinking Gelatine
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In three out of four cases, it
akes nails harder. And the harder
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Drink Knox any way you like it.
It comes in Orange and Grapefruit flavors. In Plain, too. So you can mix it with the taste of your choice—from fruit juice to bouillon to coffee to almost anything.

And if you're counting calories, here's some sweet news. There's no sugar in Knox, not even a grain.

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You really should read it, you know.

Because what we've told you here . . . well, just barely scratches the surface.

KNOX NAILS CAN TAKE LIFE'S HARD KNOCKS.



continued from page 98

Holiday foods

SANDWICH CARROUSEL

9 slices firm-textured oatmeal bread
9 slices firm-textured whole wheat bread
Butter or margarine
1 3- or 4-ounce package thinly sliced cooked corned beef
3 slices (3 ounces) natural Swiss cheese
Horseradish mustard
1 3-ounce package cream cheese, softened
1 tablespoon mayonnaise or salad dressing
½ cup diced, seeded tomato (1 small tomato)
⅓ cup finely chopped celery
2 tablespoons finely chopped green pepper
1 tablespoon sliced pimiento-stuffed green olives

Make two diagonal cuts from center of top crust to corners of bottom crust in each bread slice, making a pie-shaped wedge. (Reserve bread triangles for Avocado Cheese Triangles.) Spread 3 pie-shaped wedges of oatmeal bread and 3 wedges of whole wheat bread with butter or margarine. Cutting or folding corned beef and cheese slices to fit wedges, place several pieces of both atop each buttered wedge. Spread 3 more bread wedges of each type of bread generously with horseradish mustard. Place, mustard side down, atop corned beef and cheese with an oatmeal slice atop a whole wheat slice and vice versa. Blend cream cheese and mayonnaise till fluffy. Combine ¼ cup of the cream cheese mixture, the tomato, celery, green pepper, and olives. Spoon atop sandwiches. Butter one side of remaining bread wedges. Place atop vegetable filling, buttered side down, alternating oatmeal and whole wheat as before. Arrange sandwiches spoke-fashion on serving plate. Pipe a dollop of remaining cream cheese mixture atop each sandwich; garnish center of plate with lettuce cup filled with cherry tomatoes, if desired. Makes 6 sandwich wedges.

AVOCADO CHEESE TRIANGLES

2 ripe medium avocados
1 5-ounce jar process cheese spread with bacon
2 teaspoons lemon juice
36 whole wheat and oatmeal bread triangles (bread reserved from Sandwich Carrousel)
Pimiento stars

Pit and peel avocado; mash (you should have about ¾ cup). Blend mashed avocado thoroughly with cheese spread and lemon juice. Trim crusts from bread. Spread about 2 teaspoons avocado mixture on one side of each triangle. Garnish triangles with pimiento stars. Makes 36 triangles.

MUFFINS PLUS

2 tablespoons shredded carrot
2 tablespoons finely chopped celery
2 tablespoons finely chopped onion
1 tablespoon butter or margarine
1 4½-ounce can deviled ham
2 cups packaged biscuit mix
1 tablespoon sugar
½ cup (2 ounces) shredded sharp natural cheddar cheese
1 egg
⅔ cup milk

In small skillet, cook carrot, celery, and onion in butter or margarine till tender but not brown. Cool; stir in deviled ham. Set aside. In medium bowl, combine remaining ingredients; beat by hand for ½ minute. Fill 1¾-inch greased muffin pans ⅔ full of batter. Make an indentation in center of each and fill with a little deviled ham mixture. Bake in 400° oven for 16 to 18 minutes or till browned. Remove from pans while hot; cool on rack. Makes 16.

MAPLY APPETIZERS

1 13½-ounce can pineapple chunks
2 8-ounce packages brown-and-serve sausage links
4 teaspoons cornstarch
½ teaspoon salt
½ cup maple-flavored syrup
⅓ cup water
⅓ cup vinegar
1 large green pepper, cut in ¾-inch squares (about ⅔ cup)
½ cup drained maraschino cherries

Drain pineapple, reserving syrup. Cut sausages in thirds crosswise; brown in skillet. Blend cornstarch, salt, reserved pineapple syrup, maple syrup, water, and vinegar. Heat to boiling, stirring constantly. Add pineapple, sausage, pepper, and cherries; cook 5 minutes. Keep warm in chafing dish. Spear with cocktail picks.

WHOLESOME HOLIDAY SNAX

6 cups puffed wheat cereal
1 cup pretzel sticks
1 cup salted peanuts
⅓ cup toasted sunflower seeds
¼ cup wheat germ
½ cup honey
¼ cup packed brown sugar
4 tablespoons butter or margarine

Combine cereal, pretzels, peanut, sunflower seeds, and wheat germ. I small saucepan, combine hone brown sugar, and butter or marga rine; stir over low heat till butter melted and mixture is smooth. Pou over cereal mixture, tossing to coa evenly. Spread in large shallo roasting pan. Bake in 275° oven fo 45 minutes, stirring occasionally (Cereal may seem soft but will be come crisp upon cooling.) Coo stirring occasionally. Break up mix ture to separate. Makes 10 cups.

SPICY CRANBERRY PUNCH

¼ cup red cinnamon candies
4 cups water
8 cups (2 quarts) cranberry juice cocktail, chilled
1 6-ounce can (⅔ cup) frozen limeade concentrate
1 6-ounce can (⅔ cup) frozen orange juice concentrate

In small saucepan, melt cinnamon candies in water; chill. At serving time, combine candy liquid and fruit juices in punch bowl. Stir to dissolve frozen concentrates. Float ice chunk in punch bowl. Makes about 18 five-ounce servings.

COFFEE NOG

2 slightly beaten egg yolks
1½ cups milk
1 cup light cream
2 tablespoons light corn syrup
4 to 5 teaspoons instant coffee powder
⅓ cup brandy
¼ cup light corn syrup
¼ cup water
2 egg whites

In large saucepan, combine egg



NEW PRIME CHOICE STEAK SAUCE... IT'S JUST THE RIGHT ZING!



The flavor of New Prime Choice Steak Sauce enhance any cut of meat. Because Prime Cho flavor is different from the tomato-y taste of cats and the strong, spicy taste of other steak sau So it's just right for a great steak, burgers, chick even french fries. Try New Prime Choice. We crea it to add "just the right zing" to all your favorite fo

FAMILY FOOD IDEAS

ilk, cream, the 2 table-
orn syrup, and coffee pow-
and stir till mixture slight-
ns and almost boils. Re-
m heat; stir in brandy. In
icepan, heat the ¼ cup
up and water to boiling.
uncovered, 1 to 2 minutes.
whites to soft peaks.
y add the hot syrup, beat-
ff peaks. Fold into coffee
Pour into glass mugs.
out 8 six-ounce servings.

ESE PATE

package cream cheese,

e can (⅔ cup)
t spread
unces) crumbled blue cheese
ons dry sherry
ce can (½ cup) water
s, drained and chopped
con, crisp-cooked, drained,
nbled
ons minced onion
ons chopped pimiento-stuffed
ives

mixer bowl, beat together
m cheese, liverwurst, blue
nd sherry till fluffy. Add
g ingredients. Press into
wl lined with clear plastic
ver; chill. To serve, invert
o plate. Remove bowl and
rap. Garnish with sieved
ked egg yolk, if desired.
th vegetable dippers. Makes
pate.

CCOLI DIP

e package frozen
l broccoli
y sour cream
dry beef-flavored mushroom
x
n worcestershire sauce
rlic, crushed

occoli according to package
ts; drain, reserving liquid.
ugh water to reserved liquid
½ cup. Place cooked broc-
coli liquid, and sour cream
der container. Cover and
nooth, stopping to scrape
ides once or twice. Place
mixture in saucepan; add
ixture, worcestershire, and
Heat to boiling. Pour into
ot; place over fondue burn-
ish with half slices of lemon
sley, if desired. Serve with
crackers. Makes 2 cups dip.

ODDESS DIP

ayonnaise or salad
g
iry sour cream
oon anchovy paste
ipped parsley
oons snipped chives
n lemon juice
love garlic, crushed

e all ingredients. Cover and
o serve, garnish with addi-
snipped chives, if desired.
ith vegetable dippers. Makes
½ cups dip.

CURRY DIP

mato sauce
n instant minced onion
n worcestershire sauce
oon curry powder
e package neufchatel
, softened
oons chutney

ll mixer bowl, combine to-
uce, minced onion, worces-
, and curry powder; let stand
utes. Add cheese. Beat at
speed on electric mixer till
is creamy. Turn into serv-
ed

Easy candy from a frosting mix. Save room for it.



Homemade holiday candy is a nice touch for gifts and guests. But the holidays are filled with a lot of nice things you'd like to do. And making candy from scratch can be difficult and time-consuming.

But with one package of Betty Crocker* creamy frosting mix (any flavor) and one simple recipe, you can make homemade fudge squares, clusters and wafers. Easy-mix homemade candy is a quick, virtually goof-proof, finishing touch to all your holiday meals. So save room for it.

And Betty Crocker frosting mix makes great frosting, too! We think you'll agree it's a mix that doesn't taste like a mix.

Happy holidays from Betty Crocker.

Easy-mix Holiday candy from Betty Crocker.

Betty Crocker

2 tablespoons butter or margarine
¼ cup milk (plus 2 teaspoons if making with chocolate fudge frosting mix)
1 package Betty Crocker* creamy frosting mix (chocolate fudge, lemon, creamy cherry, creamy white* or any of the other delicious flavors**)

Heat butter in milk over low heat until butter melts and mixture *just* begins to simmer. Remove from heat, stir in frosting mix (dry). Heat over low heat, stirring constantly with rubber scraper until smooth and glossy, 1 to 2 minutes. *Do not overcook.* Makes 1 pound.

SQUARES – Stir in ½ cup chopped nuts or red and green candied cherry halves. Pour into aluminum foil-lined loaf pan, 9x5x3 inches. Press pecan halves on top if desired. Chill until firm.

WAFERS – Drop by teaspoonfuls onto waxed paper. If necessary, reheat mixture slightly. Let stand until firm.

CLUSTERS – Prepare candy from lemon frosting mix; stir in 1 can (3½ ounces) flaked coconut and ½ cup slivered almonds. Drop by teaspoonfuls onto waxed paper. Let stand until firm.

*Tint and flavor if desired.
**If using golden caramel frosting mix, reduce milk to 3 tablespoons.

It makes great frosting, too!

*T.M. of General Mills Inc.



For energy and stamina, one important thing you must do is eat right. Good-tasting Kretschmer Wheat Germ adds a healthy helping of natural protein and vitamins to your breakfast or any meal.

Wheat germ, the world's most nutritious natural cereal.

FAMILY FOOD IDEAS

continued

Holiday foods

ing bowl; garnish with a ring of chutney. Cover and chill. Serve with assorted crackers. Makes about 1 cup dip.

GLAZED CASHEW CLUSTERS

- 2 cups sugar
- 1 cup water
- ¼ teaspoon cream of tartar
- 2 cups toasted cashew nuts
- 1 teaspoon vanilla

In a 1½-quart saucepan, combine sugar, water, and cream of tartar. Cook and stir till sugar dissolves. Bring to boiling; boil till syrup reaches hard-crack stage (300°). Remove from heat; stir in cashews and vanilla. Set pan in larger pan of hot water to keep soft. Drop by tablespoonfuls onto greased baking sheet to form clusters of 5 or 6 nuts. Makes about 1 pound candy.

JINGLE POPCORN BALLS

- 3 quarts popped corn
- 2 cups snipped gumdrops
- 1 cup snipped pitted dates
- 1 cup light corn syrup
- ½ cup honey
- 1½ teaspoons vinegar
- ¾ teaspoon salt
- 1 tablespoon butter or margarine
- 1½ teaspoons vanilla

In large bowl, combine popped corn, gumdrops, and dates. In heavy saucepan, combine corn syrup, honey, vinegar, and salt. Bring to boiling. Cook mixture over medium heat to hard-ball stage (260°). Add butter or margarine and vanilla, stirring till butter is melted. Pour over popcorn mixture, stirring to coat evenly. Form into 2-inch balls. Makes about 30 popcorn balls.

FILBERT FANCIES

- 1 cup shelled unblanched filberts
- 2 cups sifted powdered sugar
- 3 tablespoons butter or margarine, softened
- 1 teaspoon vanilla
- Dash salt
- 1 beaten egg
- 2 squares (2 ounces) unsweetened chocolate, melted and cooled
- 1 6-ounce package (about 4 cups) tiny marshmallows
- 1 cup shredded coconut

Coarsely chop filberts; spread on baking sheet. Toast in 350° oven about 10 minutes or till golden brown. Cool. Beat powdered sugar, butter or margarine, vanilla, and salt into beaten egg till very light and fluffy. Add cooled chocolate. Fold into marshmallows and nuts. Drop from teaspoon into bowl of coconut; roll evenly to coat. Place on waxed paper-lined baking sheets. Let stand till set. Makes 4 dozen.

SLOVAKIAN NUT CANDY

- 1 cup granulated sugar
- 1 cup finely chopped pecans
- 1 teaspoon vanilla
- ⅛ teaspoon salt

In 10-inch skillet, heat and stir sugar till melted and golden brown. Stir in pecans, vanilla, and salt. Pour immediately onto buttered board or baking sheet. Roll quickly with buttered rolling pin to 8x8x¼-inch square. Quickly cut into diamonds or squares or break into small pieces. Makes ½ pound candy.

HEALTHFUL FUDGE

- 1 cup honey
- 1 cup peanut butter
- 1 cup carob powder
- 1 cup shelled sunflower seeds
- ½ cup toasted sesame seed
- ½ cup flaked coconut
- ½ cup chopped walnuts
- ½ cup raisins

In large saucepan, heat honey and peanut butter, stirring constantly just till smooth. Remove from heat; stir in carob powder. Mix well. Add remaining ingredients. Press into buttered 8x8x2-inch pan. Chill several hours or overnight. Cut into 1-inch squares. Store in refrigerator. Makes 2¼ pounds fudge.

MALLOW-NUT FUDGE

- 1 10-ounce package (6 cups) tiny marshmallows
- 1 12-ounce package (2 cups) semisweet chocolate pieces
- 2 cups broken walnuts
- 4½ cups sugar
- 1 14½-ounce can (1⅔ cups) evaporated milk
- 1 cup butter or margarine
- 1 tablespoon vanilla

In large bowl, combine marshmallows, chocolate pieces, and nuts. In large saucepan, combine sugar, evaporated milk, and butter or margarine; bring to boiling. Cook and stir over medium heat to soft-ball stage (236°). Add vanilla. Pour over marshmallow mixture. Beat well till chocolate pieces and marshmallows melt. Pour into greased 15x10x1-inch baking pan. Cool; cut in squares. Garnish each square with a walnut half, if desired.

MINTED GRAPEFRUIT CUPS

- 6 medium grapefruit
- 6 tablespoons frozen limeade concentrate, thawed
- 4 drops mint extract
- Few drops green food coloring
- 1 cup seedless green grapes

Section grapefruit over bowl to catch juice. Drain sections, reserving ¾ cup juice. Combine limeade concentrate, the reserved juice, mint extract, and green food coloring. Pour over grapefruit and grapes in deep bowl. Cover and chill several hours, stirring once or twice. Serve in chilled, stemmed glasses. Makes 10 servings.

WINE-BASTED CAPONS WITH CURRANT FRENCH BREAD STUFFING

- ½ cup dried currants
- 10 cups French bread cubes
- 1¼ cups coarse cracker crumbs (20 soda crackers)
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground allspice
- ⅛ teaspoon pepper
- ½ cup chopped onion
- ½ cup chopped celery
- ½ cup butter or margarine
- 1 can condensed cream of chicken soup
- 2 beaten eggs
- 1 cup rosé
- 2 5- to 6-pound capons or roasting chickens

continued

Shopping. Cooking. And all the rest.

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And that's where Stouffer's can help. With Beef Stew. Creamed Chicken. Macaroni and Beef. Or any of 35 Stouffer's frozen foods that make dinner easy. And good.

When you want to take a holiday from cooking . . . it's a good day for Stouffer's.

Give yourself what you need most during the holidays. A holiday from cooking.



Stouffer's

Soft on the whisper of angel wings,
This is the Christmas that memory brings.
The rustling of elves in the watchful night
With secrets shelved from the children's sight.

The glimmering gold of candle-shine;
The shimmering fragrance of fir and pine,
And, savory there on the silver tray,
The great, proud ham for the holiday.

Hormel Ham
a
HOLIDAY TRADITION

Many a Christmas candle has burned brightly beside a Hormel Ham. For this was America's first ham in a can—the symbol of holiday hospitality. Hormel makes this same, famous ham today, still with the same patient skill. Boned, trimmed and cooked to full tenderness and flavor. Magnificently ready to heat and to carve. *Geo. A. Hormel & Co., Austin, Minn.*



FAMILY FOOD IDEAS

continued

Holiday foods

1 tablespoon lemon juice
1 recipe Pan Gravy

In small saucepan, cover cu
with water; bring to boiling
move from heat. Let stand
utes; drain. Combine bread
cracker crumbs, nutmeg, al
and pepper. In medium sauc
cook onion and celery in but
margarine till tender but not b
add soup, eggs, ½ cup of the
and the currants. Pour over
mixture; toss lightly to mix.
body cavities of capons. (Bak
additional stuffing in small co
casserole.) Tuck legs under ba
skin or tie to tail. Place, breas
up, on rack in large shallow ro
pan. Roast, uncovered, in 375°
for 1½ hours. Combine the re
ing ½ cup rosé and the lemon
Pour over capons. Continue
ing 1 hour more, basting freq
with liquid in pan. To serve, re
capons to warm platter. Ga
with parsley and clove-stu
apricot halves, if desired. Serve
Pan Gravy: Leaving crusty b
pan, pour meat juices and fa
large measuring cup. Skim o
reserving 3 to 4 tablespoons. R
reserved fat to pan. Stir in ½
all-purpose flour. Blend flour
fat. Cook and stir over low he
bubbly. Remove pan from
Add 2 cups liquid (meat juices
water) all at once. Cook and st
thickened and bubbly. Seaso
taste with salt and pepper. Ma
cups gravy.

RUBY-SAUCED BEETS

4 teaspoons cornstarch
2 tablespoons sugar
¼ teaspoon salt
1⅓ cups cranberry juice cocktail
3 16-ounce cans sliced beets, drain
½ teaspoon shredded orange peel

In large saucepan, blend cornst
sugar, and salt. Stir in cran
juice; cook and stir over me
heat till thickened and bubbly.
drained beets and orange peel.
mer, uncovered, 10 minutes.
nish with halved orange slices,
sired. Makes 10 to 12 servings.

VICTORIAN PLUM PUDDING

4 slices bread, torn in pieces
1 cup prepared mincemeat
½ cup milk
2 slightly beaten eggs
1 cup packed light brown sugar
¼ cup brandy
4 ounces very finely chopped suet (about 1 cup)
1 teaspoon vanilla
1 cup all-purpose flour
1 teaspoon baking soda
½ teaspoon salt
2 teaspoons ground cinnamon
1 teaspoon ground cloves
1 teaspoon ground mace
1½ cups (8 ounces) chopped mixed candied fruits and peels
1 cup raisins
½ cup slivered almonds
1 recipe Brandy Hard Sauce

Combine bread, mincemeat,
milk; beat. Stir in eggs, brown su
brandy, suet, and vanilla. Thoro
ly stir together flour, baking s
salt, and spices; add candied fr
and peels, raisins, and almonds.
in bread mixture. Pour into w
greased 2-quart mold. Cover. P

n deep kettle; add boiling kettle 1 inch deep. Cover; ½ hours, adding more boil-r, if needed. Cool 10 min-mold. Serve with Brandy uce. Garnish with frosted apes and holly, if desired.

IARD SAUCE
ter or margarine
ed powdered sugar
gg yolk
ons brandy
1 vanilla
ten egg white

hly cream butter or marga- powdered sugar. Beat in , brandy, and vanilla. Fold hite. Chill. Garnish with an peel twist, if desired. Makes 4 cups.

MINT PATTIES
oons butter or margarine, d
ht corn syrup
n peppermint extract
on salt
(about 1 pound)
owdered sugar
ch red and green food coloring

ghly blend butter or marga-n syrup, extract, and salt in ixing bowl. Add sugar; mix oon and hands till blended Divide mixture in thirds; ed food coloring into one of mixture and green food into another. Leave one white. Shape in round balls; with tines of fork on waxed ned baking sheets. Let dry hours. Makes about 6 dozen.

HOCOLATE TRUFFLES
milk chocolate, cut in pieces
semisweet chocolate, cut ces

lks
oons butter or margarine, ed
nulticolored decorative candies

hocolates in top of double over boiling water. Remove eat; add egg and egg yolks, a time, beating smooth after ldition. Add butter or marga-eat smooth. Chill mixture till ough to hold shape. Shape e into 1-inch balls, then roll ticolored candies. Refrigerate ze till ready to serve. Makes 3 dozen truffles.

NED COATING MIX
ne dry bread crumbs
oons curry powder (optional)
oons onion powder
spoons salt
poon garlic powder
ayenne

ll ingredients together thor-. Use to coat chicken pieces fillets. Makes 1 cup.

BERRY PORT JAM
nce package (4½ cups) frozen eetened strawberries, thawed
s ruby port
poon grated lemon peel
poon ground nutmeg
ounce box powdered fruit pectin sugar

berries, reserving juice. Add h water to berries and juice to 2½ cups. In Dutch oven, com-berries with juice, port, lemon and nutmeg; mix thoroughly. pectin; mix well. Cook over heat, stirring constantly, till re comes to hard boil. Stir in . Bring to full rolling boil; boil

nued

Roast your bird on us.



Now...20% more Heavy Duty Reynolds Wrap at no extra cost.

It's like getting 5 feet free. And, since it's 18-inch wide Heavy Duty Reynolds Wrap, it's more than enough foil to help you in your holiday cooking.

Use it to tent the turkey, to avoid constant basting and oven spattering. To line the roasting pan, so there's no messy clean-up. To bake extra dressing in, and for freezing holiday foods. Reynolds Wrap is oven-tempered for flexible strength to resist tearing. Complete instructions for roasting your turkey are on the inside opening flap of the carton.

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Ever-so-easy Fruitcake

Just measure, mix, and bake. It's that easy to prepare this delicious, homemade fruitcake. A cake with a taste and texture so special you'll serve it over and over again.

- 3 eggs
- 1 14-oz. can Borden Eagle® Brand* Sweetened Condensed Milk (not evaporated milk)
- 1 28-oz. jar (2⅔ cups) Borden None Such® Ready-to-Use Mince Meat**
- 1 cup mixed candied fruit
- 1 cup coarsely chopped nuts
- 2 cups Kellogg's® Corn Flake Crumbs
- 1 teaspoon baking soda
- Glazed cherries, optional

Butter a 9-inch tube pan. Line with waxed paper; butter again. In large mixing bowl, beat eggs until foamy. Add Sweetened Condensed Milk, Mince Meat, fruit and nuts; mix well. Add Corn Flake Crumbs (only Corn Flake Crumbs will do) and baking soda; blend well. Pour batter into prepared pan; spread evenly. Bake in slow oven (300° F.) 1 hour and 50 minutes or until a cake tester comes out clean. Cool in pan for five minutes. Turn out of pan; remove paper. Cool to room temperature before slicing. If desired, decorate with glazed cherries.

To store: Cool completely; wrap well in aluminum foil and refrigerate or freeze.



FAMILY FOOD IDEAS

*Magnolia or Dime Brands may also be used.
**To use 9-oz. box of None Such Mince Meat, crumble contents of two (2) packages into saucepan; add 1½ cups water. Cook, stirring to break lumps; boil one minute. Cool.

continued

Holiday foods

hard 1 minute, stirring constantly. Remove from heat; skim off foam. Stir and skim for 10 minutes to cool slightly and prevent floating fruit. Ladle into hot clean jelly glasses. Cover with ⅛ inch hot paraffin. Makes 6 half-pints.

TRIPLE CHEESE SPREAD

- 2 cups (8 ounces) shredded sharp natural cheddar cheese
- ½ cup (2 ounces) crumbled blue cheese
- 1 3-ounce package cream cheese
- 2 tablespoons milk

Bring cheeses to room temperature. In small mixer bowl, combine the cheeses; beat well. Blend in milk. Keep refrigerated. Makes about 2 cups spread.

HOMEMADE HORSERADISH MUSTARD

- 2 vegetable bouillon cubes
- 1½ cups hot water
- 4 teaspoons cornstarch
- 4 teaspoons sugar
- 4 teaspoons dry mustard
- 2 teaspoons ground turmeric
- ¼ cup white wine vinegar
- 4 teaspoons prepared horseradish
- 2 slightly beaten egg yolks

Dissolve bouillon cubes in hot water. In small saucepan, blend cornstarch, sugar, mustard, turmeric, vinegar, and horseradish. Slowly blend in dissolved bouillon; cook and stir over low heat till thickened and bubbly. Gradually stir a moderate amount of thickened mixture into the egg yolks; return to saucepan. Cook, stirring constantly, about 1 minute. Store in covered container in refrigerator. Makes 1½ cups.

GINGERED PEAR SYRUP

- 2½ pounds fresh pears (6 to 8 medium)
- 3¼ cups sugar
- ½ teaspoon shredded lemon peel
- ⅓ cup lemon juice
- 2 tablespoons finely chopped candied ginger

Pare and core fruit; cut in thin slices. (Slice into bowl of water mixed with ascorbic acid color keeper to prevent browning; drain well.) Measure 5 cups sliced pears into large saucepan. Mix in sugar. Cook and stir over low heat till sugar is melted and syrup is formed. Simmer till fruit is clear, stirring occasionally. Add lemon peel, lemon juice, and ginger. Boil 15 minutes, stirring frequently. Pour into hot clean jars; seal. Makes 4 half-pints.

SPICED TEA

- 8 ounces (3 cups) orange pekoe tea
- ¼ cup shredded orange peel
- 4 inches stick cinnamon, coarsely crushed
- 2 teaspoons whole cloves, coarsely crushed
- 1 tablespoon finely chopped candied ginger

Combine all ingredients in 1-quart casserole. Bake, covered, in 300° oven 15 to 20 minutes. Spoon mixture into jar with tight-fitting lid. Seal. Store in cool place at least one week. Use one to two teaspoons tea mixture for each 6 cups of water. Makes 3 cups spiced tea leaves.

CHOCOLATE-COVERED CHERRIES

The chocolate coating is sometimes also called almond bark—

- 60 maraschino cherries with stems
- 3 tablespoons butter or margarine
- 3 tablespoons corn syrup
- ¼ teaspoon salt
- 2 cups sifted powdered sugar
- 1½ pounds chocolate or white chocol for coating candy

Drain cherries well; let stand paper toweling. Combine butter margarine, corn syrup, and salt; in powdered sugar. Knead smooth. Chill if too soft. Shap marble-size piece of powdered su mixture (about 1 teaspoon) arou each cherry. Place on waxed pap lined baking sheet; chill. In sm heavy saucepan or deep bowl o pan of hot water, melt chocol coating, stirring constantly. I NOT ADD ANY LIQUID. Hold onto stems, dip cherries, one a time, into melted mixture. Spo mixture over cherries to coat. Pla on waxed paper-lined baking she Place in refrigerator to hard Store in covered container in co place. Let ripen a week or two fondant will begin to liquefy. Ma 60 chocolate-covered cherries.

FRUIT NUGGETS

- 6 tablespoons butter or margarine
- ¾ cup packed brown sugar
- 1 egg
- 2 tablespoons water
- 1½ cups all-purpose flour
- ½ teaspoon baking soda
- ¼ teaspoon salt
- ¼ teaspoon ground cinnamon
- ⅛ teaspoon ground cloves
- ½ cup raisins
- ½ cup chopped walnuts
- ½ cup chopped red and green candied cherries

Thoroughly cream butter or marg rine and brown sugar. Add egg; be well. Stir in water. Thoroughly s together flour, baking soda, salt, ci namon, and cloves; add to cream mixture. Stir in raisins, nuts, a cherries. Spoon into individual ti paper bake cups (1½ inches in ameter) on baking sheet. Bake 375° oven for 9 to 10 minutes or t done. Makes 6 dozen cookies.

MINCEMEAT GINGER BARS

- 1 package gingerbread mix
- 1 cup prepared mincemeat
- ¼ cup water
- 1 can ready-to-spread lemon frosting
- Gumdrop wreaths

In mixing bowl, combine ginge bread mix, mincemeat, and wate beat smooth. Spread in greas 13x9x2-inch baking pan. Bake 350° oven for 25 to 30 minutes till done. Cool. Spread with lemo frosting. Cut into bars. Garnish eac bar with a gumdrop wreath. Mak 24 ginger bars.

SWISS KRABELI

- 2 eggs
- 1 cup sugar
- 1½ teaspoons anise seed
- ¾ teaspoon grated lemon peel
- 1½ cups all-purpose flour
- ¼ teaspoon baking powder

Beat eggs till foamy; add sugar an beat till light. Add anise seed an lemon peel. Thoroughly stir togeth er flour and baking powder; stir int egg mixture. Chill thoroughly. O lightly floured surface, roll about sixth of the dough at a time to rope ½ inch in diameter. Cut int 3-inch-long pieces. Place on wel greased cookie sheet, curving t form crescents. Bake in 350° ove till lightly browned, about 10 min utes. Remove from cookie shee immediately. Cool on rack. Stor in tightly covered container. Make 3 dozen cookies.

signer credits

: Hearts (top) Elinor R. Schwab. oms (lower left) Carole Austin. ıats (lower right) Carole Austin. : Patchwork tree (top left) Dorovenport. Boots (top left) Jackie Dolls (lower left) Nancy Becker. lower left) John Stith. Wall hangght) Nancy Becker.

5: Bag (top left) Jackie Curry. (lower left) B. J. Casselman. (top right) Carole Austin. Furnills (lower right) Roberta Raffaelli. : Shawls (top left) Jackie Curry. (top right) Ciba Vaughan. Chess top right) John Stith. Horses left) Kay Whitcomb. Theater right) B. J. Casselman. Sleigh right) B. J. Casselman.

2: Cornucopia (top row, center) Becker. Ribbon balls (top row, Roberta Raffaelli. Snowflake (top nter) B. J. Casselman. Doll (top enter) Nancy Becker. Flag (top ght) Nancy Becker. Block/church w, right) Susan Lyttle. Horse (top ight) Nancy Becker. Clown (top ight) Nancy Becker. Ornaments row, left) Midge Stark. Wrapping middle row, right) Ciba Vaughan. (middle row, right) B. J. CasselDoll (middle row, right) Nancy . Posies (bottom row, center) Ciba ın. Wreath (bottom row, right) ıte Patera. Needlepoint ornabottom row, right) Mimi Shimmin. **3:** Tablecloth (center) Jackie Curry, rings (center) Ciba Vaughan. Tree) Jeanette Kawaguchi.

7: Wall panel (top left) John Stith. ed ornaments (top right) John Stith. ornaments (top right) Mimi Shim-/reath (lower left) James A. Autry. rnaments (lower right) Dan Black-

9: Lion/cat (top left) Jackie Curry. g/owl/cat/boat (top left) B. J. Cas-. Wreath (middle row, left) B. J. ıan. Runner (middle row, center) Curry. Crèche (middle row, right) Shimmin. Snowflakes (bottom row, . J. Casselman. Cornhusk tree (bot-w, center) B. J. Casselman. Basket ents (bottom row, right) Laurie ls.

74: Puppets (top left) John Stith. oards (top left) Kay Whitcomb. op left) Kay Whitcomb. Cape/cap right) Lorane Woodard. Crèche left) Gladys Herndon. Ornaments right) Mimi Shimmin.

76: Rose decorations (top) Terry Ornaments (bottom) Kay Whit-

7: Spaghetti tree (top) B. J. CasselWall hanging (top) Midge Stark. ch (top) Nancy Becker. Wreath m) Mimi Shimmin.

ıs on page 52

ıristmas w-to

boyant mushrooms page 53

rials: Cotton print scraps; s of rickrack; stuffing material. ¼-inch seam allowance.

r each mushroom, cut 2 fabric s. Cut top 4½ inches and bot- 4 inches in diameter. Pin sides together and insert rickedging along seam line. Stitch nd, leaving opening for turning. seams and clip curves. Turn stuff. Slip-stitch opening.

or stem, cut 2 pieces 2x4½ es. Right sides together, stitch and one end. Turn and stuff. e open end of stem against er of circle on top. Turn raw under and hand-stitch stem to

ersible place mats page 53

erials: ¾ yard each of three l cotton prints in complemencolors; 16 small bells. Makes place mats. Seams: ½ inch. ut 8 rectangles 13x18 inches l cotton prints. Make tab pat-

linued



Make your holidays happy with a handful of Planters.

Good times and Planters Nuts just seem to go together for the holidays. Because hospitality begins with the fine quality and delicious taste of nutritious Planters Nuts, dry roasted using absolutely no fats or oils. So whether you're entertaining friends, relaxing with your family, or just treating yourself this season, do it happily with a handful of Planters.



Fine products of Standard Brands

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Ore-Ida suggests two easy ways to be nice to your family. And to your budget.





SKIPPER'S CASSEROLE

¼ cup butter or margarine
½ cup finely chopped green pepper
¼ cup Ore-Ida fresh frozen Chopped Onions
3 tablespoons flour
1½ teaspoons salt
¼ teaspoon dill seed
⅛ teaspoon pepper
1 can (13 ounces) evaporated milk
1 can (4 ounces) mushrooms
2-3 teaspoons Heinz Worcestershire sauce
2 cans (6½ ounces each) Star-Kist Chunk Light Tuna, drained and flaked
1 package (10 ounces) frozen peas, partially defrosted and broken apart
1 package (16 ounces) frozen Ore-Ida Tater-Tots®*

1. Preheat oven to 400° F. Grease a 2-quart oblong casserole.
2. In 2-quart saucepan over medium-high heat, melt butter and cook green pepper and onion until tender but not brown.
3. Stir in flour, salt and pepper until blended. Gradually stir in milk, liquid drained from the mushrooms and Worcestershire sauce; cook, stirring constantly, until smooth and thickened.
4. Add tuna, peas and mushrooms; return to boil; spoon mixture into casserole.
5. Arrange frozen Tater Tots® in a single layer on top. Bake for 30 minutes or until hot and bubbly in the center.

YIELD: 6-8 servings.

*May also be prepared with Ore-Ida Tater Tots® with onions.



POTATO TASTY BAKE

2 tablespoons butter or margarine
1 package (16 ounces) frozen Ore-Ida Golden Crinkles®*
¾ cup Ore-Ida fresh frozen Chopped Onions
½ cup crushed bran flakes
1 cup shredded Cheddar cheese
2 eggs, well-beaten
1 cup dairy sour cream
1¼ teaspoons salt
⅛ teaspoon pepper

1. Preheat oven to 350° F. Grease a 1½-quart casserole.
2. In large skillet, over medium-high heat, melt butter; add frozen potatoes and heat 5 minutes, stirring occasionally; reduce heat to medium, add onions and cook 5 minutes, or until potatoes and onions are browned, stirring frequently to avoid overbrowning. Remove from heat; gently toss with bran flakes and shredded cheese. Place mixture in casserole.
3. In mixing bowl, beat eggs well; add sour cream, salt and pepper; beat until blended and thickened; pour sauce over potatoes.
4. Bake 20 minutes or until sauce is set but shiny.
5. Sprinkle with paprika if desired.

YIELD: 5-6 servings.

*May also be prepared with Ore-Ida Golden Fries®.



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continued

Christmas how-to

tern from 5x7-inch paper re folded lengthwise. Measure inches on outside edge. Cut a line from this point to center fold on rectangle. Use pattern to make 32 tabs fro ton prints.

Pin two contrasting prin right sides together. Stitch leaving end opposite point for turning. Turn and pres peat for all tabs.

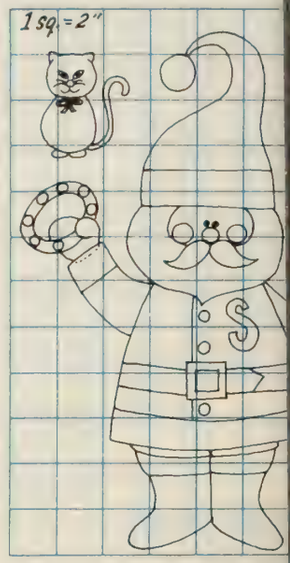
Pin 4 tabs on right side o rectangle with open ends o and points facing in. Make su tabs are in ½ inch from eith to permit seam allowances.

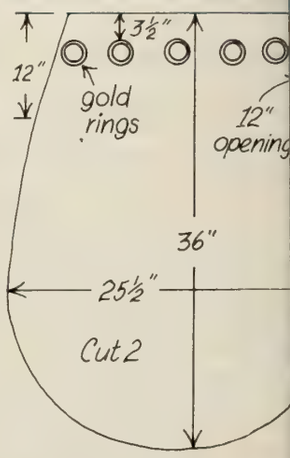
Baste. Place a contrasting gle face down on top of re with tabs inside. Machine around, leaving 8-inch openi turning. Turn, blindstitch ope

If desired, attach a small point of each place mat tab.

Burlap Santa bag page 55

Follow drawings to make ba decorations.

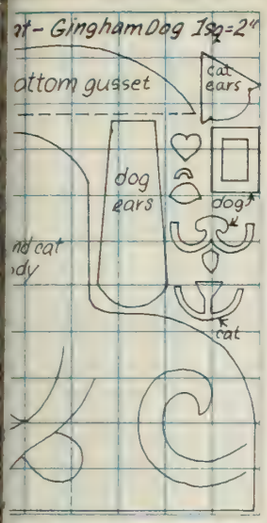




Dog and cat page 55

Materials: 1 yard cotton ging 1 yard cotton calico print; poly cotton batting; red, yellow, black felt scraps; black embro floss. Seams: ⅜ inch.

Enlarge pattern pieces and out according to drawing. For cut 2 of fabric and 2 of lining.



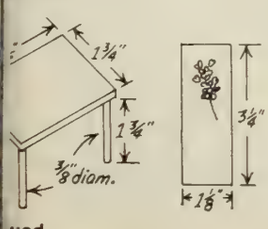
gether, sew lining to fabric
n seams, turn, and press. Pin
body fronts, right sides to-
fold dog ear in half at top,
inside).
body pieces right sides to-
nd stitch around, leaving
edge open. Pin bottom piece
, easing where necessary.
eaving section open on back
ng.
urves, turn, stuff, and slip-
pening. Mark embroidery
ightly with pencil and work,
ll strand for chain stitch.
eatures on by hand and add
d bow.

ork cracker basket page 55

ls: Scraps of assorted cotton
eavy cotton duck or canvas;
asket. Seams: ¼ inch.
fabric right sides together.
t various shapes such as
triangles, and circles in as-
izes (ours vary from 2 to 3½
Lay pieces on canvas and
nd to get a matching piece
as (this will be placed be-
abric layers for stiffening).
should now have 2 fabric
right sides together on top
as piece. Stitch around, leav-
side open for turning. Trim
clip curves, and turn. Slip-
pening. Press. Make several
hree-layer patches.
g one patch for center, stitch
together in circular rows.
d stitch top rows closer to-
to form basket shape (use
eams).
atchwork around basket and
o sides. If basket has handle,
ogether a row of patches and
o cover handle.

use page 55

rniture and dolls are made
ollhouse scaled to 16x30x8
deep, with or without a slant-
f.
ONAL) To order an unfin-
preassembled house like the
own, to decorate as you like,
e 128.



ued



Taste the flavor of times long gone. In Heartland Natural Cereal.

Your first taste of Heartland Natural Cereal will seem strangely familiar. As if you've tasted it sometime, someplace, long ago. As if, somehow, it's part of your past. Because it is. Pet Incorporated has reached back, beyond today's complicated, artificial times, to bring back a taste rich in the natural goodness Americans enjoyed long ago. Heartland has no artificial preservatives. Natural protein from natural grain. And three deliciously toasted natural flavors. Plain. Raisin. And Coconut. No cooking. None at all. You just add milk. And you can't help liking it. Because you have a natural taste for Heartland.



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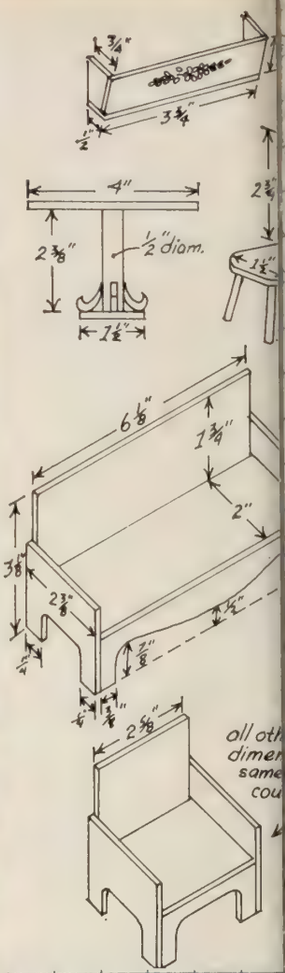
FAMILY FOOD IDEAS

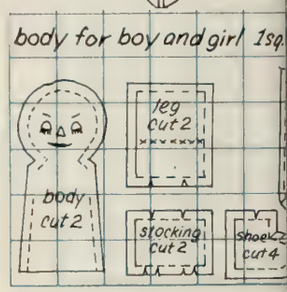
continued

Christmas how-to

Furniture: You can construct furniture from heavy cardboard or ¼-inch plywood and white glue. Cut out parts, using dimensions given in drawing. (Dimensions for shutters and window boxes are included.)

Pedestal for round table and legs for square table and chair are pieces of dowel. Paint furniture as desired. Make curtains from lace scraps, and crochet rugs for each room. Add small scale doll accessories.

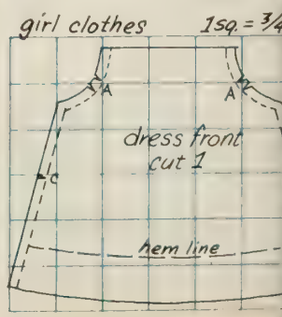




Doll bodies: Cut body, arms upper legs from white cotton, ings from a small striped kni shoes from black felt or cotto

Embroider features on face stitch together body pieces, le holes to insert arms and legs a stuff. Clip curves and turn. together arms, turn, and stuff section. Stitch across. and stu per arm. Insert arms into hole stitch to body.

On wrong side, stitch sho stockings to legs. Turn and stu per leg. Stitch across and stuffing. Insert legs into hole stitch to body. Stuff body and opening. Cover back of heads long loops of yarn for hair.



A good hot lunch for about 20¢

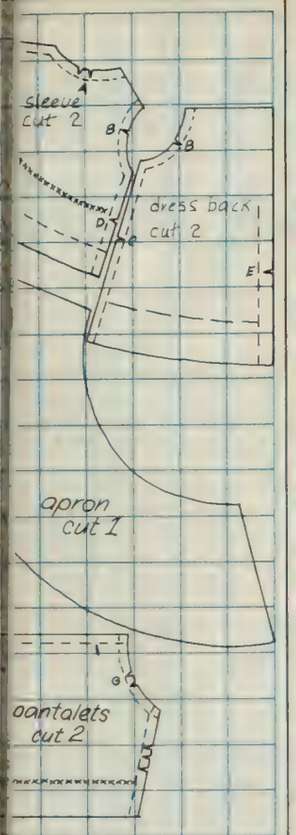


In a 15 ounce can of Chef Boy-ar-dee Spaghetti & Meat Balls, you get two average servings, each serving costs about 20¢. Same thing goes for all our other good hot lunches, too.

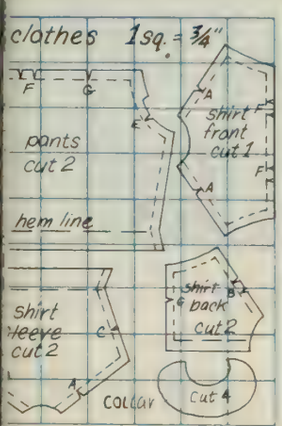


FAMILY FOOD IDEAS

Chef Boy-ar-dee.®



othes: (Raggedy Ann) Cut
erns for clothes according to
g. Stitch together 2 dress
then stitch to dress front.
ng notches. Stitch sleeves in-
elastic at cuffs. Sew sleeves
, then hem.
pantalets, match F notches
tch, match G notches and
Match H and J notches, start
om of one leg and sew up to
and down to bottom of other
w elastic at cuffs.
apron all around and gather
2-inch piece of satin ribbon.



ggedy Andy) Cut out patterns
ling to drawing. Match
s in sleeve to corresponding
s in shirt front and back and
Fold shirt closed and match
s C in sleeves. Starting at cuff,
eeves and down side seams.
two collars and stitch to neck.
pants, match notches D and
match notches E and stitch.
notches F and G to corre-
ing notches on shirt. Start at
back and sew pants and shirt
er. Stitch in seam from bot-
f one leg to crotch down op-
leg. Hem as indicated.



Holiday Fruitcake

2 eggs
2 cups water
2 packages Pillsbury Date or Nut Bread Mix
2 cups pecans (halves or chopped)
2 cups raisins
2 cups (12 to 13 oz.) candied cherries*
1 cup candied pineapple, cut in wedges*

Grease and flour bottom and sides of 12-cup Bundt† fluted tube pan or 10-inch tube (angel food) pan. In large bowl, combine eggs and water. Add remaining ingredients, by hand; stir until combined. Pour into prepared pan. Bake at 350° for 65 to 75 minutes or until toothpick inserted in center comes out clean. Cool 30 minutes; loosen edges; and remove from pan. Cool completely. To store, wrap tightly in foil or plastic wrap; store in refrigerator. If desired, glaze with warm corn syrup; decorate with candied fruits and nuts
TO BAKE IN FOLLOWING PANS, CUT RECIPE IN HALF. 8 x 4-inch LOAF PAN: Bake 70 to 80 minutes. 9 x 5-inch LOAF PAN: Bake 60 to 70 minutes. 6 to 8-cup RING MOLD: Bake 40 to 50 minutes. 10½-oz. size SOUP CANS: Fill 5 cans ¾ full. Bake 35 to 45 minutes. MUFFIN CUPS: Fill 18 to 24 paper-lined muffin cups ⅔ full. Bake 20 to 25 minutes. *Tip: If desired, substitute 2 lbs. (4 cups) candied-fruit mixture for candied cherries and pineapple.

How do you make a delicious holiday fruitcake? Just add fruits and nuts to a Pillsbury Bread Mix.

Pillsbury Bread Mixes help you turn out delicious homemade fruitcakes. Moist and mellow. Quick and easy. In shapes and sizes to suit your fancy. And for interesting variations, substitute Pillsbury Cherry Nut, Apricot Nut, or Cranberry Bread Mixes. Fruitcake improves with age, you know, so start your holiday baking now. There's never been a better time. Or a better mix. (And for delicious everyday eating, try our brand-new Blueberry Nut Bread Mix!)



†Registered T.M. of Northland Aluminum Products, Inc. Minneapolis, Minn.

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FAMILY FOOD IDEAS

Patchwork tree hanging page 54
Materials: Cotton fabric—1¼ yards green, ¼ yard gold, ¼ yard red, ¼ yard blue, ½ yard patchwork print; quilt batting; 2 large sheets of ⅛-inch cardboard for tree; several smaller sheets for leaves; art knife; tacking stapler; white glue.

Enlarge pattern, using dimensions given in drawing. Trace tree on cardboard and cut out. Use same pattern to cut out green fabric tree, adding 1 inch all around for attaching to back of cardboard.

Cover cardboard with thin layer of batting. Place green fabric tree on top and staple or glue 1-inch

continued

ONE SKILLET DOES A DINNER MAKE...

...s sweet...it's tart...it has the hearty meaty goodness of browned pork; it's the perfect dish to take the sting out of robust appetites. The secret of its goodness is Kitchen Bouquet's special blend of delicate herbs and spices that helps seal the succulent juices inside the chops while it helps them cook dark and crisp on the outside.

Kitchen Bouquet works wonders for steak and poultry, too, broiled indoors or out. And as many good cooks know, a teaspoon of Kitchen Bouquet helps make gravies rich-looking and savory. If you've never used it, try a bottle!





PORK CHOP SKILLET

- 4 pork chops, trimmed
- 2 tablespoons honey
- 1 teaspoon Kitchen Bouquet
- 4 medium-sized Louisiana yams
- 2 medium-sized tart apples
- ½ cup apple juice or cider
- 1½ teaspoons salt
- ⅛ teaspoon pepper
- ⅛ teaspoon cinnamon
- ⅛ teaspoon nutmeg

FAMILY FOOD IDEAS

...ombine honey and Kitchen Bouquet in a large skillet; place ...ver low heat. Turn chops to coat meat on all sides. Increase ...eat to medium; brown chops. Remove chops. Add a little ap...le juice to skillet, stirring to loosen bits. Add pared yams, cut ...to ¼-inch rounds, add pared and quartered apples cut into ...hick slices to skillet; top with chops. Pour remaining apple ...ice and seasoning over chops. Bring to a boil, cover and cook ...er low to medium heat until tender, about 45 minutes. Baste ...casionally. If necessary, add more apple juice. 4 servings.

Kitchen Bouquet, Dept. BH1273
P.O. Box 88, Lancaster, Penna. 17604
Enclosed is my boxtop from Kitchen Bouquet. Please send me free 32-page recipe book.

Name_____

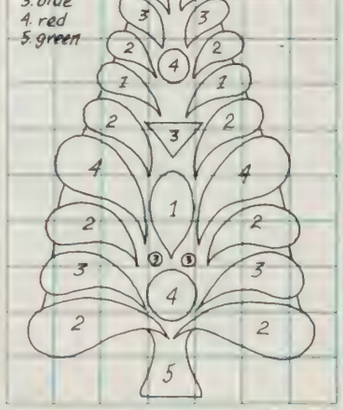
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KITCHEN BOUQUET

continued

Christmas how-to



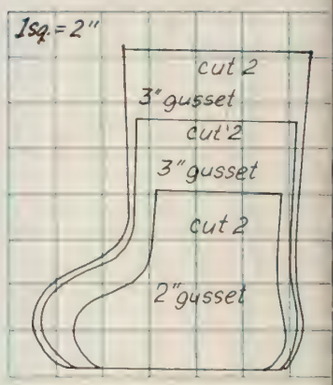
excess to back of cardboard.

Enlarge pattern for leaves (see drawing). Use pattern to cut out cardboard leaves and two fabric leaves from each color. Allow ¾ inch for attaching to back. Cover cardboard leaves with thin layer of batting. Place fabric on top. Glue or staple ¾-inch excess to back.

Glue leaves to tree. Weight tree and allow to dry overnight. Cut another cardboard tree and glue on back. Weight again and allow to dry. Attach wire hanger to back of patchwork tree.

Burlap boots page 54

Make according to pattern. Starch boots heavily.

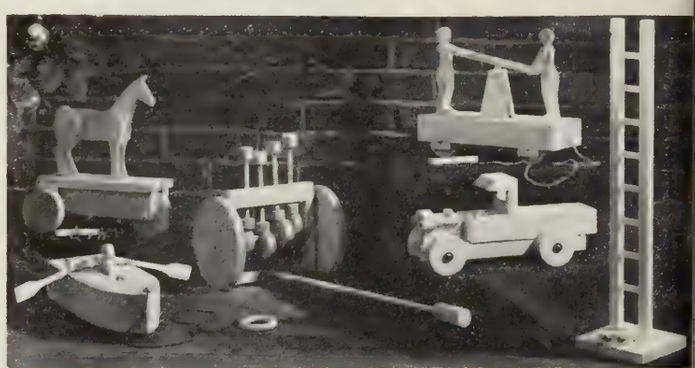


Hansel and Gretel dolls page 54

Materials: 2 yards pink cotton fleece or flannel; 3 bags foam stuffing; 3 skeins heavy yarn or rug yarn; white glue. Makes 2 doll bodies. Clothes for Hansel—1 yard 36-inch white cotton; 12x24-inch piece black felt; 1 pair child's socks; 2 ½-inch buttons; 3 ⅜-inch buttons; 1 yard ¾-inch trim. Clothes for Gretel—1 yard 36-inch cotton print; ¾ yard

continued

How to order material from the magazine



Our project plan for the six wooden action toys shown on page 32 is available for $2 with coupon below. Plan includes working drawings, materials list, and assembly instructions.

Send order to: Better Homes and Gardens, Dept. 2Z1, P.O. Box 374, Des Moines, Iowa 50336

☐ 4312-1 Wooden action toys project plan $2.00 each

Postage and handling:
Project plans: add 25c for one plan; 50c for two or more

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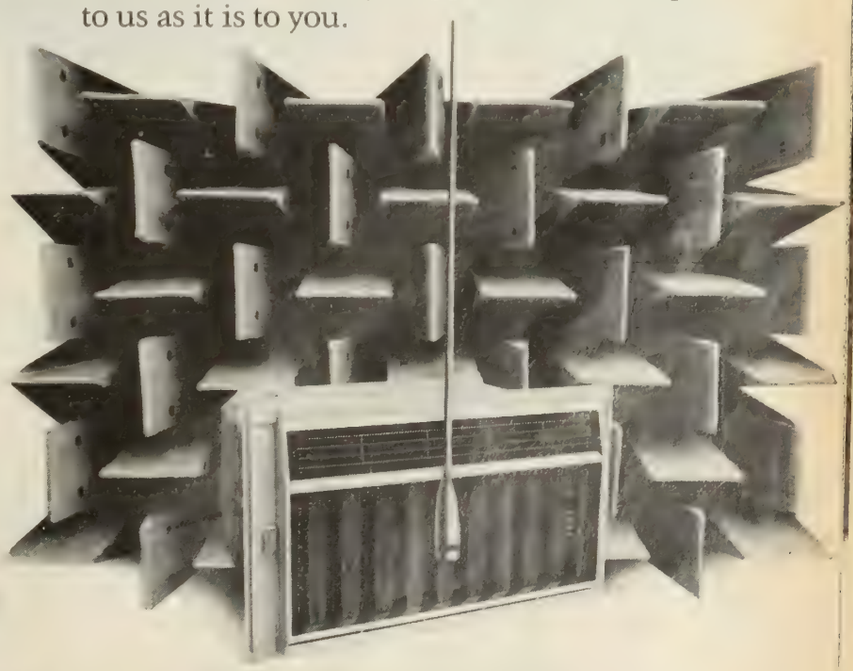
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gine washing a load of dishes 11,000 times.
at's only one of the tests we give our hwashers before they're approved for duction. If it can stand up to this atment in our factory, imagine how it l stand up in your home.

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1 can (6½ oz.) tuna (drained)
1 can Durkee O&C Real French Fried Onions (The secret ingredient)
¾ cup celery (thinly sliced)
¼ cup green pepper (thinly sliced)
¼ tsp. Durkee onion powder
1 can (4 oz.) mushrooms (drained)
1 can (10½ oz.) condensed cream of celery soup

Combine one-half can of French fried onions with other ingredients. Place in greased casserole. Bake at 350° for 25 minutes. Sprinkle remaining onions on top. Bake 5 minutes longer. Serves 4-5.

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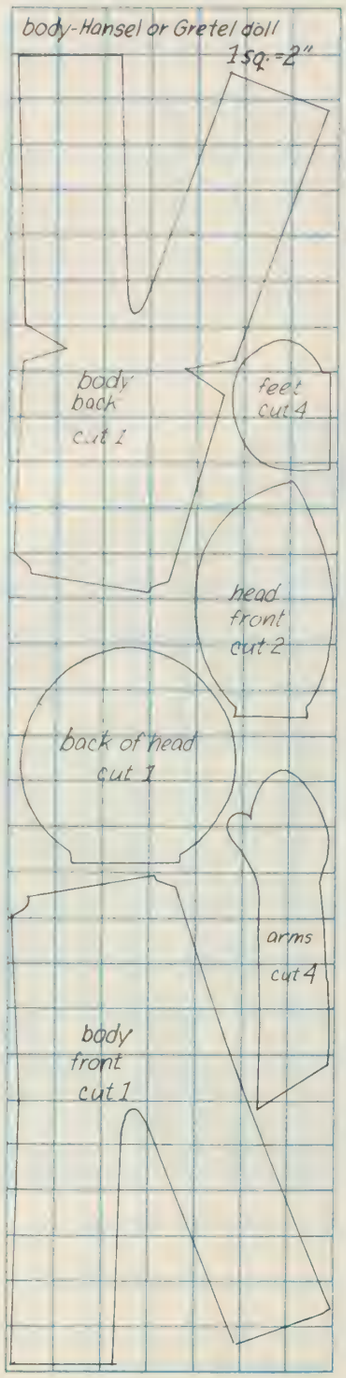
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continued

Christmas how-to

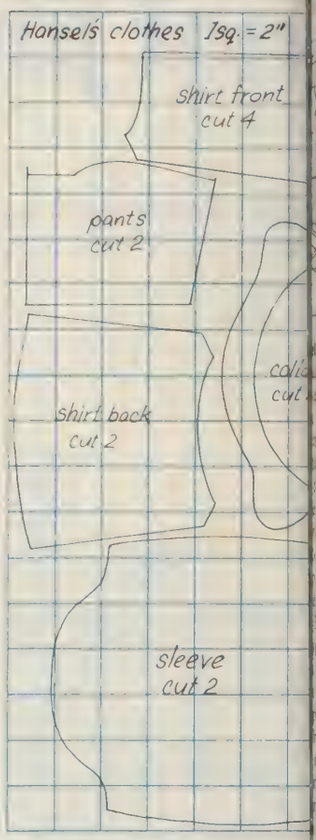
36-inch white cotton; 3 yards lace or 2-inch eyelet; 6x14-inch piece black felt; 2 ½-inch buttons; 3 ⅜-inch buttons; 14-inch piece ¼-inch elastic. All seams ¼ inch.



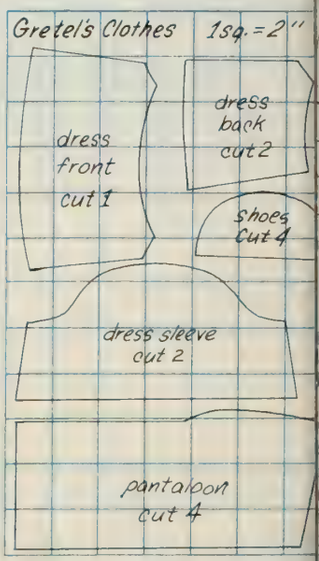
Cut body pieces from fleece or flannel. Stitch darts. Stitch center fronts of head together. Stitch head back to body back at neck, leaving slash open for stuffing. Stitch body front to back leaving openings at notches to insert arms and feet. Stitch together arms and feet and stuff. Turn body and insert arms and feet into openings, hand-stitching securely. Stuff and slip-stitch opening. Embroider on faces.

Hair for Hansel is long pieces of yarn glued in rows from front to back. Glue two long pieces arc to form outline. For Gretel's h cut 2 skeins into 36-inch pie Glue 6 pieces on front for ba Glue other pieces on both sides ter scalp down to neckline, t make braids and tie with y

Clothes for Hansel—Cut 2 1x4-i

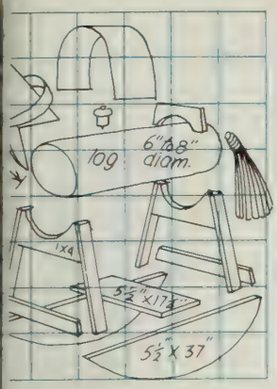


suspender straps and 1 1x4-in crossbar from felt and add tr Make 2 4x4-inch cuffs for sleev Make patterns and cut out clot according to drawing. Assem shirt and lining separately, th stitch them together. Stitch togeth pants and attach suspenders. Fit doll, if too large, make small tu in top front. Stitch shoe pieces gether, attaching strap so butt will be to outside.

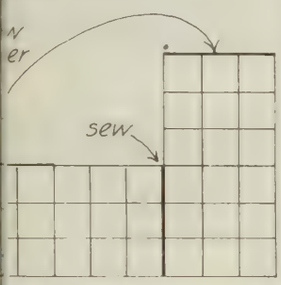


Clothes for Gretel—Stitch togeth dress and attach lace at neck. S on buttons and hem. Stitch pant loons, adding elastic to waist a lace to leg edges.

pron and attach lace. Make
ke Hansel's.
j horse page 54
le according to drawing.



ted shawl page 61
ls: 12 oz. 3-ply Orlon acrylic
eight yarn; size I aluminum
hook. Gauge: 1 motif =
ies.
ng at center, ch 4, join with
form ring. *Rnd 1:* Ch 5, * dc
r of ring, ch 2. Repeat from
e times, sl st to 3rd ch in beg
nd 2: * 3 sc in center of next
. Repeat from * around, sl
g sc. *Rnd 3:* 1 sl st in next
3 (counts as 1 dc), 1 dc in
p, ch 2, 2 dc in same sp
one cluster). * Sk next 2 sc,
next sc, ch 2, 2 dc in same
eat from * around, sl st to
eg dc. *Rnd 4:* * 5 dc in cen-
next ch 2 sp, sk next 2 dc,
top of next dc. Repeat from
nd, sl st beg sl st. *Rnd 5:* Ch
same sp, ch 2, tr in same sp.
1 hdc in top of 3rd dc from
ch 3, sk next 2 dc, 1 dc in
ch 3, 1 hdc in top of 3rd
n hook, ch 3, sk next 2 dc,
center of next st, ch 2, 1 tr
e sp, ch 2, 1 tr in same sp.
from around, sl st to 4th
eg ch 6. Fasten off. Make 35
notifs as above.



emble: Arrange motifs in 2
6 sq long by 3 sq wide. Tak-
sq at a time, whipstitch to-
picking up back stitch only,
3 French knots evenly
across motif to show on right
hen whipstitch groups of 3
same way, but add a French
here 4 corners meet. When
ls are done, join as shown in
n. whipstitching tog as above
aking French knots to show
t side.
inish lower edge, work 2 sc
corner and 1 sc in each st
, sl st to beg sc. *Rnd 2:* * Sk
sc, make a cluster of 6 dc
sc, sk next 2 sc, 1 sc in next
peat from * around. Fasten

ued

Sears Lady Kenmore Compactor turns this much nasty garbage



into this neat little package.



Fifteen bags full. As much—or more than the weekly garbage collection of an average family of four. The Sears Lady Kenmore Compactor compacts it all into one neat little package. Not only does this heavy duty compactor crush bottles, cans and cartons, it gobbles up all that wet, messy, smelly stuff—deodorizes and compacts *all* of it into *one* neat, leak-resistant package! What's more, the Lady Kenmore won't work until the hidden key-lock is turned on. And no special wiring is required. Any adequate 115-volt outlet will do. With the Lady Kenmore, you really don't need a garbage disposer, and you can throw the garbage cans out with the garbage! It means *one* bag *once* a week, instead of fifteen. Isn't that worth the money? Enough people think so, because the Sears Compactor is the Number One Clean-Up Machine.

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Each sturdy, plastic viewer comes with a special full-color film cartridge called "On My Way to Sesame Street." Just slip it in. Turn the handle. And there are the Muppet® characters, the baker, numbers, letters, shapes. Even some special scenes never seen before. In slow motion, speeded up and backwards.

What's more, you'll find four additional Sesame Street cartridges with lots more surprises wherever the Viewer is sold.

The Viewer can be used indoors and out. And like every other Fisher-Price toy, it runs on child power. Not batteries.



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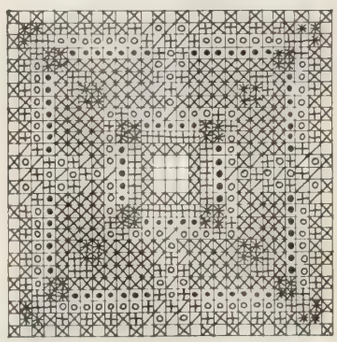
Christmas how-to

Neckline: Join yarn in center point and work 1 sc in each sp around. Repeat rnd 2 for border as above. Fasten off. Block lightly.

Velvet Yo-Yo shawl page 61

Materials: 40-inch velvet—1¾ yard red, 1⅔ yard purple, ½ yard lime, ½ yard burnt orange, ¼ yard pink, ¾ yard bright orange; plastic container lid.

Cut a 3¼-inch circle from plastic lid for pattern. Lay pattern on wrong side of velvet and trace around with pencil. Trace circles close together in rows. Make 268



☒ red ▣ burnt orange
▩ lime ⊞ purple
⊡ orange ◪ pink

red, 60 lime, 112 orange, 76 burnt orange, 116 purple, and 36 pink circles.

Turn raw edge of circle under ¼ inch and make small gathering stitches all around. Pull stitches up tightly and secure. Completed circle should measure 1½ inches.

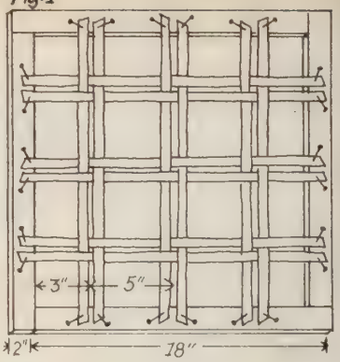
When all circles are completed, assemble according to placement diagram. Use matching color thread to make small holding stitches at 4 places where circles meet.

Plaited ribbon pillows page 61

Materials: 13 yards ½- or 1-inch striped, satin-finish ribbon; 3 yards ¼-inch gold braid; ½ yard 36-inch fabric for lining and backing (we used natural finish linen); 16x16-inch pillow form; tacks; wood scraps for frame. Makes one pillow.

1. Construct weaving frame from wood scraps (16 inches square inside with 2-inch-wide side pieces).
2. Weave 12 18-inch ribbon strips on frame according to drawing #1.

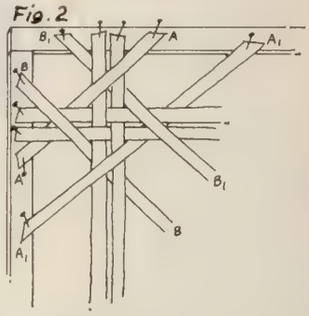
Fig. 1



Position outside ribbon pairs 3 inches from sides and center the inside pair. Leave ¼-inch space between each ribbon pair. Attach verticals first, then weave in horizontals. Tack ribbon ends tightly to frame.

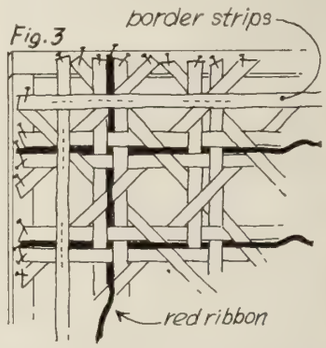
3. Working from upper left corner of frame down to lower right corner, weave 6 diagonal ribbon strips under horizontals and over verticals (see drawing #2). Cut to fit frame and tack down ends.

Fig. 2



4. Working from lower left to upper right, weave 6 diagonal strips over horizontals and under verticals (see drawing #2).
5. Weave 6 18-inch lengths of gold braid into the ¼-inch spaces between vertical and horizontal intersections and over diagonal intersections (see drawing #3).

Fig. 3



6. Lay 4 18-inch border ribbon strips along edges of woven ribbon, tacking ends to frame. Baste strips to each ribbon intersection (see drawing #3).
7. Remove tacks and carefully lift out completed ribbon grid. Pin grid to 17-inch-square lining fabric. Machine-stitch close to inside edge of border. Trim excess ends and stitch outside edge of border, mitering corners.
8. Sew completed pillow front to 17-inch backing square on three sides. Turn and press. Insert pillow form and slip-stitch opening.

Stick puppet theater page 61

Our stage is made from ⅛-ply-

continued on page 121



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And everybody's fed up with your excuses.
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Good ways to green up your home





Would you like a touch of springtime in your home all year long? You can have it by providing a special spot for plants. A lean-to greenhouse or a room with ample skylights is ideal for keeping your decorative greenery healthy and thriving.

The bump-out greenhouse above replaces a solid wall. A redwood frame holds the double panes of glass that insulate against the cold. The addition also gives the living room extra light and a new outdoor view.

Here, the homeowners chose to incorporate their conservatory into the dining room wall. The prefabricated unit features curved glass eaves and aluminum framing. French doors are used to close off the greenhouse for both temperature and humidity control when needed. Although this one is heated separately, most add-on greenhouses can get by nicely by sharing heat from an adjoining room. The upper panes of glass on this unit are tinted for optimum light control.

continued

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continued

Good ways to green up your home



Situated above the garage, this cheerful room was originally an open deck. The homeowners decided to switch their porch deck for an enclosed, skylight-lined roof. Now their garden room is flooded with light from three walls of windows and an "open" roof above. The skylights are "boxed in" four feet above the original roof line adding a new architectural flair to the room. The raised skylight frames are made of rough-sawn cedar.



This cheery room was once a seldom-used deck over the garage. Now, it's the family's favorite year-round activity center. Wrap-around glass walls provide the necessary light for the family's exotic plant collection. A yellow decorative scheme—starting with the glazed brick floor—makes the room seem sunny and warm no matter what the weather outdoors. For privacy and sun control, a harlequin pattern wood lattice screens the windows on the south wall.

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Crosse & Blackwell didn't start making good things to eat just yesterday. We've been doing it since 1706—over two hundred sixty years.

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More time—beautiful ingredients. That's why you can be proud to serve any Crosse & Blackwell product, from the oldest in our line to the one we brought out just yesterday. Try us soon. Find out why your forebears liked us so much.

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THE AFTER DINNER CHRISTMAS GIFTS





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BENEDICTINE/B&B
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Cleaning self-defrosti refrigerato

Refrigerator cleaning use governed by a rule of when the ice and frost b it was time to clean.

With today's self-frostin els, you get no icy remind that doesn't absolve you cleaning. You should giv appliance a thorough c twice a year.

In between, wipe up a as they occur. Check store once a week, removing th are spoiling. Routine ca prevent odors and stains when it's time for a major ing, the job will be easier.

Schedule your major c for the day before your shopping trip. These gui will help you do a safe a cient job:

- Disconnect the refrig Turning controls to "off" p doesn't stop power, so it's s disconnect.
- Take out all food and w containers with a cloth a detergent solution.
- Wash refrigerator walls shelves, all nonremovable with a solution of one tabl baking soda to one quart o water.
- Avoid using anything abrasive than a plastic pad tackling hardened spills. I use steel wool.
- Wash removable shelve storage drawers at the sink water and mild detergent o Rinse. Since plastic and gl susceptible to cracking abrupt temperature chang only lukewarm water when ing. Odors may cling to pla avoid using a highly perfum tergent on plastic parts.
- Replace shelves and dr Connect appliance and food. Wipe door gasket baking soda and water so Do not use strong detergen
- Clean the area behind t guard with a brush or a v cleaner attachment. If con coils are accessible, clean vacuum cleaner attachme large accumulation of du reduce the operating efficie the appliance.
- Before cleaning freezer s remove frozen foods. Whi pliance is unplugged, was tion with water-soda solutio place foods only after both frigerator and freezer sectio clean.
- If your appliance has an matic ice dispenser, empty t storage bin periodically and in lukewarm water.

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Because Can-Do is not just a can opener, it's a mixer, a masher, a whipper and a knife sharpener.

Ronson thinks you deserve maximum efficiency in minimum space. So we made you a remarkable appliance that can do more than any other can opener can. That's why we call it Can-Do. It comes with a whipper, beater, masher, knife sharpener and a handy wall rack to hold them all.



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Three ways to beautify blank and barren walls





Photographs: Bill Hedrich, Hedrich-Blessing

Underdeveloped walls have a way of staring you blankly in the face, especially in new houses where architectural detail is nonexistent. If your walls are defying you to do something with them, here are some ideas to consider.

Above: What looks like a giant poster is really a mosaic of photographs that have been enlarged, then cut and glued on a piece of hardboard. The effect is striking, and it's a great way to show off your children or grandchildren.

Above right: To make a do-nothing wall both decorative and functional, put it to work with a good-looking storage unit like this one. It handsomely displays dishes, glasses, and cook books, and it stores linens and cookware in the drawers, brooms and cleaning equipment in the closet.

Bottom right: Since bedrooms aren't as "public" as the rest of the rooms in a house, walls are often neglected. Even if you don't want to spend a lot of money for artwork in the bedroom, you can make a strong decorative statement with a few prints or posters, inexpensively framed. Or, you might rent artwork at your local gallery.





This one's "Polaris"®. It's Chatham's tradition of blanket quality, wrapped in 100% virgin acrylic Suit your taste and setting with your choice of eight, rich solids in Twin to Full, Queen to King sizes. The winterweight Polaris has our special Wonderlight® finish for deep, powder puff luxury; warmth without weight. It's machine washable, and ends with extra wide nylon binding. Polaris and the many other fine North Star blankets are at your favorite quality store. They all look as good as they feel as they warm. And whether it's on blankets, auto upholstery, furniture upholstery, carpet yarns, drapery cloth or fabrics for fashion and home sewing—our name is your assurance. Chatham Mfg. Co., Elkin, N.C. 28621.

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Weller Marksman® Soldering Iron Kit. Perfect for hobbyists. Includes featherweight Weller iron, three different tips, soldering aid tool and solder. About $5

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eller Mini-Shop. So many different ols wrapped up in one. 37 pieces that him drill, grind, sharpen, polish, shape d rout. A remarkably versatile tool that ll delight any man. About $35

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eller All-Purpose Soldering Gun Kit. Handy ht-piece kit includes gun, copper tips, tip nging wrench, solder and illustrated oldering Tips" booklet. Gun features t heat-up, trigger controlled dual ige output (100/140 watts) and rk light. All in attractive carry-case. About $10



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How to doctor a doorbell

If your doorbell suddenly working, chances are you c it yourself. The circuitr simple and the voltage is lo it's an easy—and safe—jo the home handyman to ta

You don't even need to connect the power while yo down the problem. A transfo —mounted on a junction b your basement or crawl spa reduces your home's 120-vol current to 10-, 16-, or 24-vol power.

First check the bell butto removing it, disconnecting wires, and touching then gether for a moment. If the rings, the problem is in the ton, and the remedy is simpl

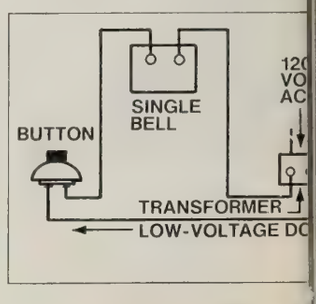
In most cases of button fai the contacts inside the butto corroded and aren't maki good connection. Disassembl button and clean the con with fine sandpaper or an e board. If you can't take the ton apart, replace it with a one. In either case, be sur clean the oxidation from the ends of the bell wire before replace the button.

If the problem isn't in the ton, check the connections a bell to see if they've been loos by vibration. In that event, t en them firmly. Also, chec make sure that one wire touching two terminals, causi short circuit.

If the bell still doesn't w trace the thin wires leading f the transformer to the bell. of these wires may be broke shorting on another wire, a p or a heating duct. Splice in a section of bell wire or wrap existing wire with electrical t

Check the voltages of transformer and the bell—t should be the same. A misma here can mean a burned-out Transformers rarely give so—as a last resort—replace bell; it could be suffering f age. Be sure to follow the inst tion directions that accompan

The diagram below show one-button, one-bell circuit. your system has two or m bells, they're wired in parallel.



How'd you like to make foolproof shrimp scampi—at the dinner table.

Perfect barbecued beans—out on the terrace.

Impeccable scrambled eggs—at your bedside.

And anything you want, right there in the kitchen—even when



every burner on your stove is busy.

Well, you can't do all that with an electric skillet. Or a beancooker. Or a food-warmer. Or a chafing dish.

But you can with the Corning® Table Range.

It's actually a miniature version of the Gourmet model of the Counter That Cooks® electric cooktop. It has the same perfectly smooth cooking surface. And the same precision thermostat. So precise, in fact, you can set it low enough for use as a warming tray. Or high enough for pan-grilling. Yet it takes up less space than the average electric skillet.

Like our big range, our Table Range comes with its own special cookware: a gleaming white PYROCERAM® brand glass-ceramic skillet you can take directly from the freezer to the Table Range to your table.





In fact, you can cook a stew on the Table Range. Freeze it. Thaw it. And reheat it. All in the same pan.

If you want to boil spaghetti or cook rice or whip up a casserole, there are five different sizes of pots and pans available.

And when you're finished cooking, just pop the cookware into the dishwasher, and wipe the cooktop clean with a damp cloth and a little cleanser.

For forty dollars, we think it pays for you to have our second range.

Especially since it's probably better than your first.

INTRODUCING THE $40 CORNING RANGE.



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The Corning Table Range.
It lets you cook where you eat.

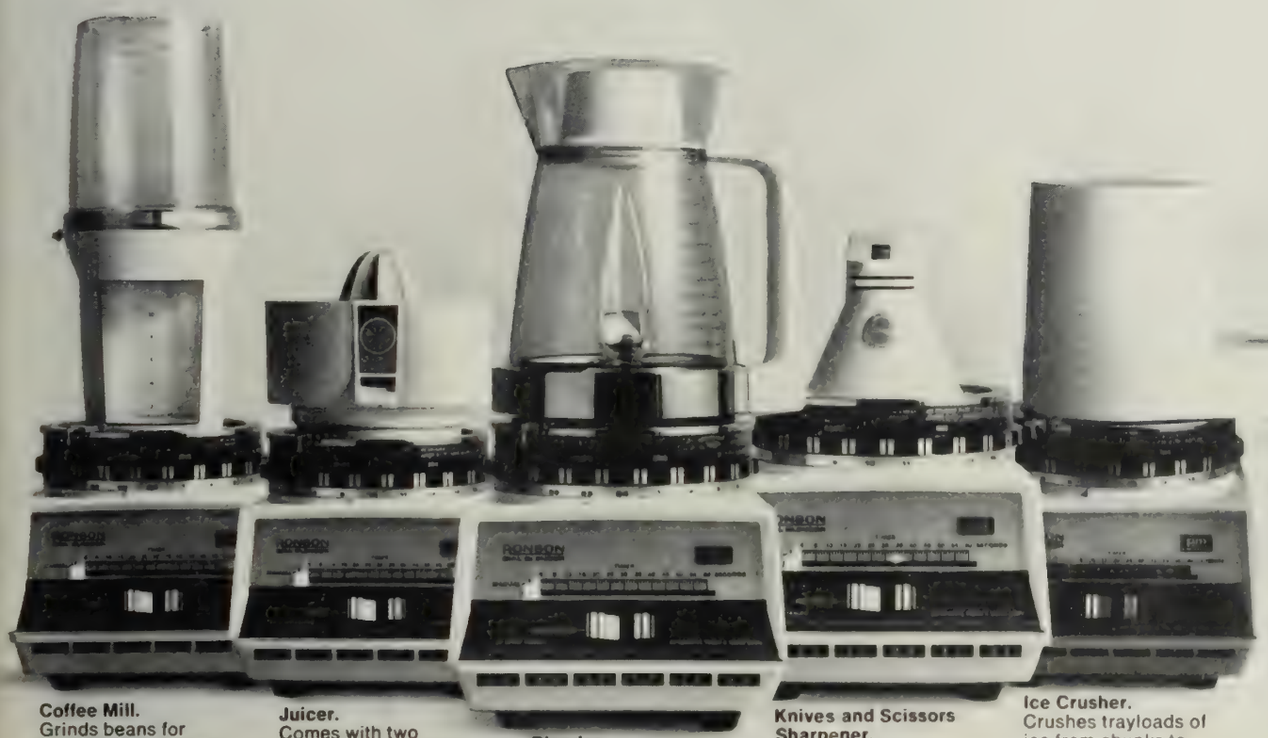
The new Ronson Whisper Drive Appliance Power Center with unheard of power...



Here is the unique Appliance Power Center that does the work of five remarkable appliances whisper quietly. And you get more powerful action even at low speeds. This Dial-the-Speed model lets you dial up, down, or in-between 24 speeds. Or you can choose other Whisper Drive push-button models. All come complete with the Ronson Blender and operate four optional appliances. With unheard of power and versatility.

It blends, stirs, whips, crumbs, purees. It grinds coffee. It juices oranges. It crushes ice. It sharpens knives and scissors.

operates 5 cordless appliances.



Coffee Mill.
Grinds beans for superb fresh coffee flavor and aroma. For drip, percolator or vacuum coffee makers. Optional appliance.

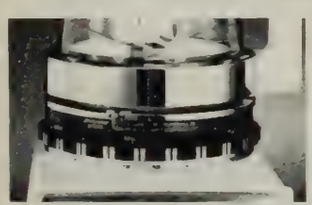
Juicer.
Comes with two ceramic juicer heads. Catcher top separates pits and pulp from juice. Optional appliance.

Blender.
All Power Centers come complete with blender. It has extra large blades to take whole vegetables. 48oz. carafe can be used as server.

Knives and Scissors Sharpener.
Hones knives and scissors to original sharpness in seconds. Optional appliance.

Ice Crusher.
Crushes trayloads of ice from chunks to shavings in seconds. With insulated ice bucket. Optional appliance.

Exclusive features of the 24 Speed Whisper Drive Appliance Power Centers:



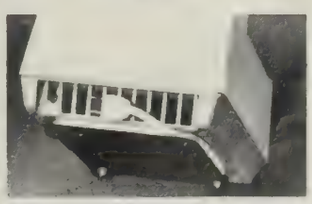
Dial Control
has calibrated speed settings for most frequent Power Center uses.



New Timer Slide Control
for accurate timing up to 60 seconds. (Model 44405 only.)



New Safety Feature prevents
carafe from being removed, and blades exposed, when motor is running.



Unique power cord storage
in base when not used. Automatic circuit breaker protects motor.

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How to make something special of an everyday builder house

Even if your house looks as if it had been stamped from a mold, don't let that keep you from doing something different inside. In this house, the first thing the owners did was rip up the commonplace carpet to expose the beautiful hardwood floor. Next, to define the seating area in the open-plan room, they chose a small area rug with a bold hexagon design. For punch, the pillows and footstool cushions were also covered with hexagon-patterned fabric.



This house had no dining room, but a nook was created by building a simple divider and forming an entry hall. Hexagon-shape tile greets guests as they enter the house, and the same pattern greets them again when they sit down to dine at the contemporary table. Large, cumbersome furniture is the last thing a small house needs, so a pedestal table and chairs like these provide the answer. Greenery and a print add finishing touches to the nook.

Photographs: Suter, Hedrich-Blessing. Design: Phyllis Serota





Want to distinguish your bedroom from every other on the block? Then how about covering the walls with sturdy denim and creating architectural trim with geometric-patterned braid? That's what was done here, and the effect is not only highly unusual, it's strikingly decorative. Roman shades were made to match. Another definitely different touch is the wall-hung chest of drawers—a smart space-saver, too.





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"1500 feet.

From a helicopter.

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So when D. H. Bennyhoff of Alaska dropped his American Tourister 1500 feet from a helicopter, everything inside stayed inside. And nothing inside got hurt.

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"I think it's amazing," says Mr. Bennyhoff.

American Tourister

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Whether it's at a fine Italian restaurant or on your table at home, nothing compliments Braciola like a bottle of soft, fresh-tasting **Bertani Bardolino.**

BEEF BRACIOLA (Serves 6)

12 thin slices top round, about ¼ inch thick
¼ pound Italian salami, minced
½ pound veal, ground
½ cup grated Parmesan cheese
2 tablespoons butter, softened
1 cup soft white breadcrumbs
½ cup milk
2 tablespoons minced parsley
1 egg, beaten
Salt and pepper to taste
12 very thin slices prosciutto
2 tablespoons olive oil
2 tablespoons butter
1 large clove garlic
1 large onion, chopped
2 carrots, chopped
1 bay leaf
½-1 cup dry white wine
1 can (about 2 pounds) plum tomatoes, sieved

Flatten slices of beef as thinly as possible.

Mix ground meats, cheese, butter, breadcrumbs soaked in milk and squeezed dry, parsley and egg. Taste mixture and season with salt and pepper.

Place a slice of prosciutto on each piece of beef, spread with stuffing. Roll slices tightly and tie with string.

Heat oil, butter together in large skillet. Add garlic, onion, carrots and bay leaf, saute few minutes. Add beef rolls and brown well on all sides.

Stir in wine and cook over moderate heat until most of the liquid has evaporated.

Add tomatoes and bring to a boil.

Reduce heat to low and simmer for an hour, or until the beef is fork-tender.

Remove beef to a warm platter. Strain pan liquid, return to skillet and cook for a few minutes until thickened to taste. Pour over beef rolls and serve hot.



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HOME PLANS CATALOG

Thinking of a new home? Then you'll want to send for our Home Plans Catalog. It contains pictures and floor plans for dozens of our most popular home designs. For your copy, send $1.00 to Better Homes and Gardens, Dept. 2M0, P.O. Box 374, Des Moines, Iowa, 50336.

An add-on family room with lots of pluses

Here's a family room addition that doesn't miss a trick. It includes several different areas, such as conversation corner, fireplace, game table, and book wall.

Photographer: David Jordan



Whether it's a party night, study session, or simply an everyday family gathering, this room is made to order. A generous use of wood for paneling, ceiling beams, furniture, shelves, and mantelpiece gives the room a warm, inviting look. All the furnishings were chosen with durability and easy care in mind.



Any good addition will help the existing house, too. In this case, the family room project enabled the owners to get the new traffic-easing side entry above.

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Select-A-Blue™ color control halfway open for light blue and mild cleaning action.

Select-A-Blue™ color control fully open for a darker blue and stronger cleaning action.



New Solid Automatic VANiSH®

The bowl cleaner that lets you adjust the blue color so you control the cleaning and deodorizing action.

Now, you don't have to settle for a solid toilet bowl cleaner that you can't control. Now, there's new Solid Automatic VANiSH.

Only Solid Automatic VANiSH has the new exclusive Select-a-Blue™ Color Control. A clever, simple-to-operate adjustable top. Open it halfway for light blue and mild cleaning and deodorizing action. Open it all the way for darker blue and stronger cleaning and deodorizing action. The color of the water is your guide to the cleaning and deodorizing you'll get.

Like regular Liquid Automatic VANiSH, Solid Automatic VANiSH works 24 hours a day. Brightening. Whitening. Cleaning. Deodorizing. And no other bowl cleaner has its fresh, clean scent.

So keep your bathroom bowl under control. Get the new one! Solid Automatic VANiSH. It makes your bathroom bowl do what you want it to.



LIQUID. SOLID.
Now there are two.

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The subtle bay leaf

When you're seasoning with a bay leaf, be sure to let it cook in the mixture more than a half hour to develop the full flavor.

BEEFY GARBANZO CASSEROLE

Hot, buttered French bread completes this hearty casserole—

1 pound ground beef
1 cup chopped onion
2 cloves garlic, minced
2 15-ounce cans garbanzo beans, drained
1 15-ounce can tomato sauc
½ cup water
1 teaspoon dried oregano, crushed
½ teaspoon salt
½ teaspoon ground cumin
¼ teaspoon pepper
2 bay leaves

In saucepan, cook ground onion and garlic till mea brown and onion is te Drain off fat. Stir in garb beans, tomato sauce, water, ano, salt, cumin, pepper bay leaves. Heat to boiling. into 1½-quart casserole. B covered, in 350° oven fo minutes. Remove bay leaves to serve. Garnish with o rings. Makes 5 to 6 servings

Photographs



SPECIAL HUNGARIAN GOUL



⅓ cup all-purpose flour
1 teaspoon salt
Dash pepper
1 pound boneless leg of veal, cut in ½-inch cubes
1 pound boneless pork, cut in ½-inch cubes
3 tablespoons cooking oil
¼ cup chopped onion
2¼ cups water
2 tablespoons catsup
2 chicken bouillon cubes
1 teaspoon paprika
2 bay leaves
½ cup dairy sour cream
1 teaspoon caraway seed
1 27-ounce can sauerkraut, drained
6 hot, boiled potatoes

In paper or plastic bag, combi flour, salt and pepper; add me cubes, shaking to coat. In skill brown meat in hot oil; add o ion. Stir in water, catsup, bou lon cubes, paprika and b leaves. Cover and simmer hour. Remove bay leaves a blend in sour cream. Combi caraway and sauerkraut; he through. Serve meat mixtu over sauerkraut and with hot p tatoes. Makes 6 servings.

You and Betty Crocker can make every morning this beautiful.

With Betty Crocker Complete Buttermilk Pancake Mix, your family can have a luscious pancake breakfast every morning. It's easy. Because the good things are already inside. You simply add water and, in minutes, serve up perfect pancakes. The kind that can make even a so-so morning beautiful.



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TRAVEL WEST

Tony Swan, Western Travel Editor

An insider's guide to family vacations for readers who live in the Rocky Mountain territory or Far West



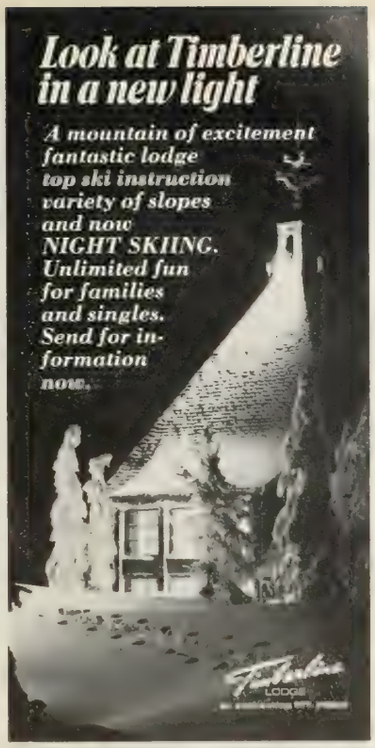
Santa Fe: an old-fashioned Christmas

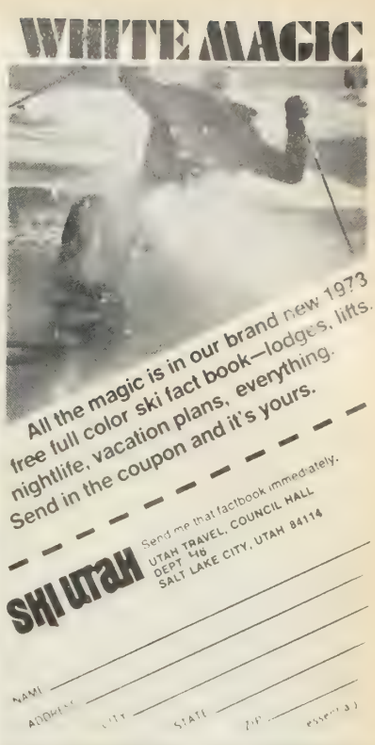
Christmas in Santa Fe is probably more intensely religious than in any other city in the United States. This city and the beautiful country surrounding it have Christian traditions reaching back well before the Mayflower to the culture of 16th-century Spain. In fact, the city's traditions are so distinct from those of the English Colonies we generally think of as American mainstream that you may wonder if you're in a foreign country.

Santa Feans speak Spanish and English, but to most, Spanish comes first. In villages in the northern hills many speak only 17th-century Spanish or Tewa, Keres, and Tiwa, the regional Indian languages. Everywhere you see cross-cultural influences, the Spanish and Indian predominating, with the Anglo-American influences a weak, recent, and sometimes distressingly commercial, third. And at no time is Santa Fe's refreshing character more fully and delightfully in bloom than at Christmas.

The number and kinds of unique observances you find here during the Christmas season are almost too diverse to see in one visit. Even the city's decorations tell you Santa Fe is far from ordinary. The bright red Christmas garlands hanging on front doors are made not of ornamental flowers, but of dried chili peppers woven together following centuries-old custom. In early times wresting a livelihood from this difficult land precluded the luxury of mere ornaments, and everything had to have a second, practical function. In keeping with that need, the *ristras* of chilis are unwoven after Christmas and used for cooking through the winter. The New Mexico Christmas tree, too, besides fulfilling its traditional purpose, provides each household with a supply of deliciously sweet *piñon* nuts for the Holidays.

The most individual Christmas decorating custom in Santa Fe however is that of the *farolitos*, and *luminarias*. On the practical level, it was necessary in the lonely New Mexico of colonial days for the *rancheros* to build bonfires, *luminarias*, in front of their houses to show friends the way in the night. On the symbolic level, *farolitos*, or "little lights," are meant to light the way for the coming of the Christ Child. Gradually the bonfires have evolved to the present custom of lining roof lines, windowsills, fences, sidewalks, and roadways with the little *farolitos*. The materials are humble, a paper bag containing a candle placed in a few cups of sand. But the wonderfully faint glow of hundreds and hundreds





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of *farolitos* along the narrow streets and in the town plazas is magnificently mellow—an otherworldy warmth, antique in its frail elegance.

The *farolitos* are lit at 6 p.m. Christmas Eve and last until they burn down or wind blows them out, so it doesn't do to be late. In favorable conditions they may last about three hours. The most impressive displays are found along Canyon Road, Acequia Madre, and San Antonio Street, in Santa Fe Plaza, and at Cristo Rey Church, Hidden Valley on Gonzales Road, the Cross of Martyrs, and the Governor's Mansion.

Religious services also have their own Santa Fean character. For a week preceding Christmas *La Sociedad Folklorica* presents *Las Posadas*. The Inns, at San Miguel Mission each night at 7 p.m. This is a folk play in Spanish dramatizing the story of Joseph and Mary trying to find lodging in Bethlehem. Time after time they are refused, but after much begging, assuring the innkeepers that they are good people, and finally declaring Mary is about to give birth to a child, the innkeepers relent and let them in. The form of this pageant is local and of very early origins.

The San Miguel Mission, where *Las Posadas* is presented, is itself of great interest, being the oldest church in the United States. Constructed 363 years ago, this sturdy building with its four-foot-thick walls is a classic of mission architecture. Paintings on buffalo hide and deerskin in the church date back to 1630. Four 300-year-old paintings, recently stolen and recovered, hang over the altar. The church also contains the oldest bell in the United States. Cast in Andalucia in 1356, this priceless object is worth $15,000 in metal alone, including 20 pounds of gold and 110 pounds of silver. A little house across the street from San Miguel was built in the 1200s and is believed to be the oldest house in the United States.

On Christmas Eve all the many churches in and around Santa Fe celebrate Midnight Mass. Of particular interest is the Mariachi Mass at Our Lady of Guadalupe Church. The Mariachi Band includes guitars and violins plus a large chorus, and the music is beautifully easy and informal. The Indian pueblo churches also have Midnight Mass, of which conservative San Felipe Pueblo's is perhaps most unusual. Here the music is accompanied by Indian boys in the choir loft blowing bird whistles. There is also an Indian dance before the high altar—the only time during the year that the dance is brought inside the church.

On Christmas Day dancing continues in most of the pueblos. These dances are not at all commercial and the Indians don't care in the least whether there are spectators, so don't be surprised if there are no announcements about when the dances are to be performed. Most likely the dancing will be sometime between 11 and three and you simply have to wait until the Indians are ready. But the wait is entirely worth it. If you check with the Pueblo Governors a couple of days before Christmas you can at least assure yourself of which pueblos will have dancing. Usually the deer dance, *Los Matachines*, is performed at Taos Pueblo on Christmas Day.

The nearest commercial airport for Santa Fe is at Albuquerque, from which there is limousine service. Amtrak trains stop in nearby Lamy (18 miles from Santa Fe), and again limousine service is available. You should have no trouble finding accommodations at Christmas. There are about a dozen motels in the area, of which Royal, Ramada, and Holiday Inns do not charge for children under 12. Some of the more modest motels offer family rates. Most Santa Fe restaurants are closed on Christmas Day but motel dining rooms remain open as do the Nirvana and the Palace, both chef-owned and locally popular restaurants. For a touch of traditional New England Christmas you might want to drive the less than ten miles north of town to Rancho Encantado where a good turkey dinner with all the trimmings is served on Christmas Day. If you plan to rent a car, you should reserve one well in advance. The weather is likely to be around freezing and there is an excellent likelihood of snow, so bring warm clothes. Also bring some extra money, as Santa Fe is full of absolutely exquisite Indian pottery—much finer than you can imagine until you've seen it. Jewelry and the other crafts are also abundant. For information, write the Santa Fe Chamber of Commerce, P.O. Box 1928, Santa Fe, New Mexico 87501.

While you're in the area you might also visit the Indian ruins of Bandelier National Monument, off State-4 about 25 miles west of Santa Fe as the crow flies.

Bandelier National Monument has two sections, the Tsankawi region located 11 miles to the



northwest and the main Frijoles Canyon region. The Tsankawi pueblo ruins are atop a mesa commanding a spectacular view of the valleys below leading to the Rio Grande and the Sangre de Cristo Range 50 miles to the east. Be certain to obtain the ten-cent trail guide at the entrance to Tsankawi because the main pueblo is unexcavated and you could easily walk past it without realizing what it was. The trail then leads down a log ladder to the cliff face, pockmarked with hundreds of dwellings of all sizes and shapes, each with a magnificent view. The Tsankawi trail is a moderately strenuous mile-and-a-half walk and takes about an hour and a half.

The main attraction of Bandelier National Monument is Frijoles Canyon. As you enter, the first ruin you find is Kastiatsi, or Rainbow House, comprising perhaps 40 rooms. On the main Frijoles Canyon loop trail, an easy, hour-long, one-mile walk, you find the huge Tyuonyi ruin. In the period when the Indians lived here, approximately 1250-1550 A.D., Tyuonyi was three stories in places, with over three hundred rooms.

If Tyuonyi seems large, though, it is nothing compared with the spectacular Long House. Built into the base of the 1,000-foot cliff on the canyon's north wall, Long House is literally one long apartment building four to five rooms deep by two to three stories high, extending along the cliff for an incredible two miles. There are many other fine ruins at Bandelier, too, including the Ceremonial Cave, Painted Cave, the Shrine of the Stone Lions, as well as a wealth of natural beauty—waterfalls, sheer cliffs, and high pine forests.

The Bandelier Visitors Center is open daily, 8-5 in winter. Day use fees in the park are $1 per car, or 50 cents per person over 16. There are campsites but remember the weather will be brisk and changeable with snow a possibility. For further information write Superintendent, Bandelier National Monument, Los Alamos, New Mexico 87544. ■

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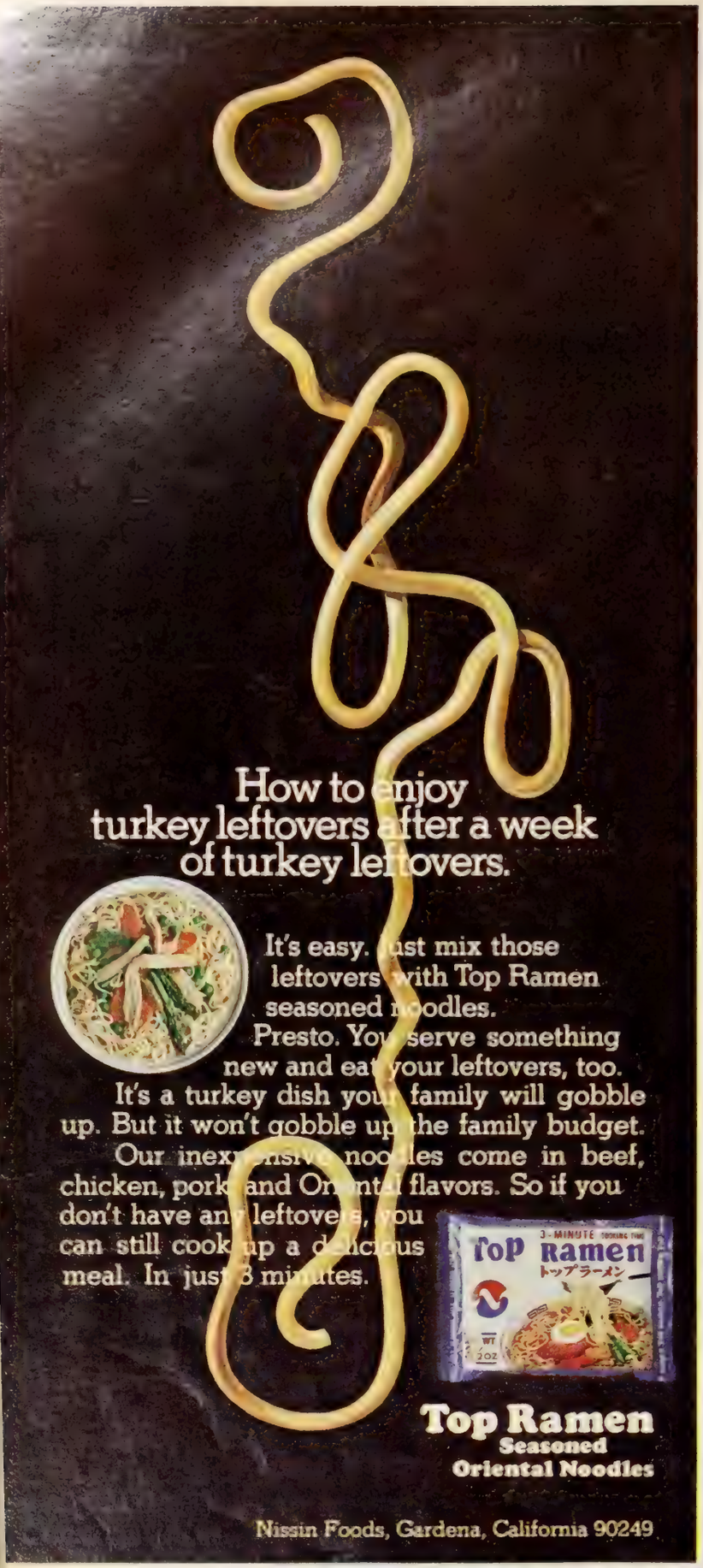
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1 cup sliced onion	2 tablespoons oil
½ cup sliced celery	2 cups sliced cooked turkey
1 cup bean sprouts, optional	2 cups water

2 packages Chicken Flavored Top Ramen

In large skillet, saute vegetables in oil until crisp-tender. Add turkey; stir and sprinkle in seasoning of one packet. Remove chicken vegetable mixture from skillet. Boil water in skillet Add broken noodles. Stir, separate noodles. Cook 3 minutes over medium heat (or until water is absorbed). Remove from heat. Sprinkle remaining packet of seasoning over noodles; add turkey-vegetable mixture and mix well. Makes four 1-cup servings.

How to make your kitchen unique



No one claims a kitchen has to be attractive to work well, but a pleasant atmosphere does lift your spirits. If your kitchen looks as if it could belong to anybody, trying adding your personal touches. A choice shadow box collection, mounted dried weeds, and other memorabilia turn this buffet/serving center into an eye-pleasing art wall. Brick-patterned wall covering provides an earthy background for the treasures. The counters are made of marble-like plastic laminate.

Photographs: Hedrich-Blessing. Interior designer: J. J. Potter, A.I.D. Source: Jessie Walker



Although not essential in a kitchen plan, a desk is a practical addition. Who couldn't use a place set aside for recipe studying, record keeping, telephoning? Built into a window niche in an older home, this handy desk is fitted with little drawers for writing supplies and one deep drawer for file folders. The desk is metal with a smart wood-grain finish, to match the kitchen cabinets. The cane-seat chair can be used at the desk or family dining table.

Who put energy into Nigeria to get energy out for America?



A distant Nigerian delta over a decade ago. Primitive. Forbidding. But deep beneath the foliage lay the crude oil that could help ease America's fuel shortage. It waited there, because to drill for it was an expensive and risky gamble requiring more of a commitment than some companies were willing to exert.



The same delta today. But transformed into an important oil field with the exotic name, Tebidaba, where the discovery well flowed 15,000 barrels a day from three zones. New wells are continually being developed in the Nigerian delta. And a pipeline has been built that is currently transporting some 115,000 barrels daily from five fields to a new terminal on the Nigerian coast.

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Caution: glass door!

Even if you don't live in a glass house, you're surrounded by a lot of glass. If you have any doubts, just look around and count the number of glass panels in sliding patio doors, storm doors, bath and shower enclosures, entrance doors, and fixed glass panels next to entry doors. Each one is a danger point because the glass is probably ordinary annealed glass that frequently shatters into large jagged pieces when it is broken.

Most glass-related accidents happen in the afternoon or early evening, when someone is on his way outside. The brighter light outside makes the glass in a sliding door almost invisible.

Accidents usually occur when a person is preoccupied or when he accidentally slips or falls against the glass. At least half the time, children under 15 are the victims.

SAFETY MEASURES

- Attach decals or colored strips of tape to each glass panel to make it more visible. Place decals at two eye levels, one at a low level for children, the other higher for adults.
- Block a glass area with a chair or table to slow people down. This is especially important when you have a large party or when children who aren't familiar with the house come for a visit. Position the table or chair to merely slow down the traffic, not to completely obstruct the path.
- Teach your family to be careful in areas that have lots of glass. Alert children to the possible dangers.
- Always replace broken glass with safety glass.
- Consider replacing ordinary glass in your home with safety glass *now*, before an accident. Doors, and glass areas in high-traffic lanes, should be first on your list. Bath and shower enclosures have high priority, too.
- Specify safety glazing materials when building a new house or planning an addition to your present one.

SHOPPING FOR SAFETY GLASS

Your local glazier carries tempered, laminated, and wired glass sheets; plastic and acrylic materials that are often used as a substitute for glass are also available.

Tempered glass, which breaks into small fragments with dull edges, is three to five times stronger than ordinary glass. Special heating and cooling treatments during manufacture make tempered glass stronger than the annealed type. Once it has been treated, however, it can't be cut or drilled.

Some standardized patio door sizes are available precut; other sizes must be special ordered. Though tempered glass costs three times more than annealed glass, the investment is worthwhile for most areas because tempered glass can withstand stronger blows and won't need replacing as often.

Laminated glass is used in automobile windshields, and it's also good for some high-risk home areas. The material consists of two sheets of glass bonded together with a layer of plastic material. When the glass is broken, fragments cling to the plastic. Laminated glass can be cut to any size you need. It's about twice as expensive as the ordinary, annealed glass.

Wired glass can be either clear or opaque. Clear, polished wired glass is costly—about four times the price of annealed glass—but obscure wired glass costs just slightly more. Both are stronger, therefore safer, than ordinary annealed glass.

Plastic and acrylic panels are sometimes used in place of ordinary glass. They resist blows that would break regular glass, and cost about the same.

SAFETY LEGISLATION

Some areas have passed legislation requiring that safety glass be installed in new residential, commercial, and public buildings. Other localities have included safe glass standards in their local building codes.

But to date only 18 states are protected with such regulations. Check to see whether your state is among them. If not, perhaps now is the time to begin action for this legislation in your community or state. If you do have state or local codes, be sure to follow the specifications when you build or remodel.

Information on safety glazing legislation is available from the Consumer Safety Glazing Committee, 1000 Connecticut Ave., N.W., Suite 401, Washington, D.C. 20036. Or, you can check with the Bureau of Product Safety, Food and Drug Administration, 5401 Westbard Avenue, Bethesda, Maryland 20016. ■

Facts about fabric finishes

s something about the feel
v clothes that makes them
l. After a few washings,
risp apparel has lost the
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ers now on the market
in handy.

vs. sizing

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prayed item in a towel for a
minutes to let the stiffener
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ever.

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mon complaints

laking occurs if too much
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precaution, spray dark fab-
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s shine, too. Often, flakes
be whisked off the garment
a brush if you haven't
ed over them.

corching occurs when the iron
cs to the fabric. This happens when the iron is set for too high a temperature or the fabric is too moist with spray. If you're often plagued with this problem when using starch, try sizing and a cooler iron.

Some resin-treated fabrics won't absorb starch easily; switch to sizing for these.

To prevent stiffener buildup on the iron, use only a light coating of the product on fabric. Spray and iron twice if you want stiffer body.

Stiffeners have a high moisture content so before spraying, spot-test fabrics that have a tendency to shrink.

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Kitchen carpet care

When first introduced, kitchen carpet seemed to be a thoroughly impractical luxury. Today, carpeted kitchens are becoming commonplace. With the development of man-made fibers, which literally hold dirt on the surface and permit most stains to be blotted away, kitchen carpet is easy to care for.

You might think that indoor-outdoor floor covering would work in kitchens, but you'd wrong. It doesn't stand up to grease and food stains. Y best bet is carpet specifically signed for the kitchen and m of olefin, nylon, or one of acrylic fibers. A waterproof er separates closely tufted from a backing of sponge ber, vinyl, or high-density fo This prevents spills from see through.

Since the kitchen rece considerable traffic and is sub to spills, sweep carpet daily prevent soil buildup. For qu pickups, use a carpet sweepe lightweight vacuum. Every days, give your kitchen carp thorough vacuuming. A cani cleaner or one of the newer rights with a carpet-pile adj ment will do the best job.

Because synthetic fibers nonabsorbent, spills seld penetrate into carpet fib However, blot away excess m ture from all stains using pa towels or tissues. Don't rub fected area as this spreads stain. Scrape semisolids with rubber spatula or dull kn Then sponge stain with cool w ter. More often than not, t sponging-off is all that is need

If further treatment is quired, there are two clean solutions that will remove m carpet stains. One is a ho remedy: add one tablespo neutral detergent and one tab spoon white vinegar to a qu of warm water. Use only suds and sponge up excess det gent to minimize resoiling. T other solution is dry clean fluid, the type used for rem ing spots from clothing. Alw pretest spot remover on an conspicuous area of the car before treating the soiled ar If the rug dyes bleed or if t surrounding area is changed any way, leave the stain alo and call a professional.

To dry the carpet, place absorbent pad of clean wh cloth or paper toweling over t wet area. Weight the pad do with a book or similar obj and allow the carpet to dry a proximately six hours. You c also dry carpet with an air bl from an electric fan or vacuu cleaner nozzle. Brush the pile restore its original texture.

Shampoo kitchen carpet t or three times a year, using dry absorbent powder, a spr foam cleaner, or a detergen water solution (two heapi tablespoons of neutral det gent in a gallon of lukewar water). While home cleani does brighten carpet surface, is no substitute for a thorou professional cleaning, whi should be done every 12 to months for best results. ■

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1. VANDERMINT CHOCOLATE CHEESE PIE: Cream 3/4 cup Vandermint, 8 oz. cream cheese. Add 1/2 cup milk, 1 pkg. (4-1/2 oz.) instant chocolate pudding; beat smooth. Spoon into 8" chocolate crumb crust: 1-1/4 cup chocolate snap crumbs; 1/3 cup soft butter. 2. VANDERMIST: Pour 2 oz. Vandermint over crushed ice in champagne glass. 3. VANDERMINT ALEXANDER: Shake 2 parts Vandermint, 1 part each gin and cream with cracked ice. Strain into cocktail glass. 4. VANDERMINT & ICE CREAM: Pile scoop of ice cream into dessert dish. Top with Vandermint. 5. VANDERMINT & VODKA (V & V): Pour 1 part Vandermint and 2 parts vodka over cubes in a "rocks" glass. 6. VANDERMINT PARFAIT: Alternate Vandermint and scoops of pistachio, chocolate, coffee ice cream in parfait glass. Top with whipped cream, splash Vandermint. 7. VANDERMINT MOUSSE: Mix in blender 6 oz. semi-sweet chocolate pieces, 1/2 cup Vandermint. Blend. Add 1/4 lb. soft butter (in pieces), 4 egg yokes. Blend. Beat 4 egg whites, 2 Tbsps. confectioners sugar till stiff. Fold into Vandermint mixture. Pour into dish lined with Vandermint-dipped ladyfingers. Chill. 8. VANDERMINT FONDUE: Melt 6 oz. semi-sweet chocolate pieces. Stir in 1 cup sour cream, 1/2 cup Vandermint. Serve warm. Dip strawberries, cookies. 9. DUTCH COFFEE: Pour jigger of Vandermint into cup. Add hot coffee. Top with whipped cream. 10. VANDERMINT STRAIGHT



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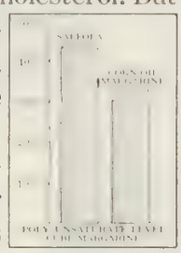
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Saffola® will help lower his cholesterol.



Following the doctor's orders isn't always easy. So when he recommends a low saturated fat diet, it's nice to get some help. Unlike the high-priced spread, Saffola (and, in fact, most margarines) contains no cholesterol. But that's only the beginning. Saffola Margarine is made from safflower oil—lower in saturated fats, higher in poly-unsaturates than corn oil. In conjunction with a low saturated fat diet, Saffola actually helps reduce the level of blood cholesterol.



It's reassuring to know that if your doctor recommends cutting down on saturated fats, you don't have to cut down on flavor.

Saffola tastes so much like the high-priced spread, chances are your family won't notice the difference.

Saffola



How to make your house more salable

Whether you're selling your house or listing it with a Realtor, there's some homework to do before the first prospect arrives. You'll find time well spent because it can mean a quicker sale and fewer headaches.

First, have at hand the answers to questions the prospect is likely to ask. Know the exact age of the house, the type of foundation, and—if possible—the builder. Also, figure out the age of the furnace, water heater, kitchen appliances, plumbing, roof, and exterior paint. And, most buyers want to know the square footage of the house and the size of the yard.

Compute what your house costs you each month, including utilities and city or county taxes. You should know the exact size of mortgage and rate of interest, your monthly payment, who holds the mortgage, and whether it can be assumed by the new owner. All of this information will help the prospective buyer plan his budget.

If the buyer is interested, give him a capsule description of the neighborhood. Point out the pluses of the local schools, churches, community activities, mass transit lines, and shopping centers.

Remember that first impressions count. If the prospective buyer doesn't like the outside of your house, he may not even come inside. Do what you can, short of sinking a lot of money into repairs, to make that first impression a positive one. Start by varnishing or painting a scuffed front door. Patch broken sidewalks, and keep the lawn mowed and shrubs trimmed.

Don't let dirt and clutter obscure your home's good points. Wash fingerprints off the walls, clean the oven and refrigerator, tighten loose hinges and handles, and polish the windows. Replace burned-out light bulbs and fill cracks in the walls. If you decide to repaint anything around the house, choose a neutral or pastel color that most families can work into their decorating plans.

Make sure prospective buyers know exactly what will stay in the house when you move. Custom-designed furniture and odd-shaped rugs probably won't fit into your next home, so use them as bargaining points. But if you want to take a special light fixture with you, replace it before you show the house. ■

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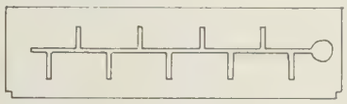
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A. Total number copies printed (*Net Press Run*)	8,366,267	8,314,222
B. Paid circulation		
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2. Mail subscriptions	7,183,718	7,174,038
C. Total paid circulation	7,991,642	7,974,038
D. Free distribution by mail, carrier, or other means		
1. Samples, complimentary, and other free copies	141,531	90,078
2. Copies distributed to news agents, but not sold	232,891	250,000
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G. Total (*Sum of E & F—should equal net press run shown in A*)	8,366,267	8,314,222

I certify that the statements made by me above are correct and complete.
(*Signed*) Morton Bailey, Jr., Publisher

continued from page 120

Christmas how-to

wood. Cut 2 sides 7x26½ inches and 1 front 23x26½ inches. Use coping saw to cut slots for puppets (see drawing).



Cut opening in front and glue or nail platform in place. Paint and decorate stage to suit your needs. Cut a curtain from scrap fabric and attach a wire across back of stage for hanging.

Puppets are simply pieces of scrap fabrics and yarns glued onto heavy wire for handles. (We used straightened coat hangers.) Make accessories such as sword and shield from foil-covered cardboard.

Velvet sleigh page 61

Material: Heavy and lightweight chipboard; heavy body white glue; 1-inch masking tape; covering fabric (if you use velvet, remember to cut in same direction for both sides); black water-base paint; small nails; fine blade coping saw; 1x4x5¾-inch piece and 2 1x1x6-inch pieces wood such as pine; 2 5¾-inch pieces of 4-inch-diameter foam.



Use coping saw to cut 2 runners and 4 sleigh sides from heavy chipboard. Glue and nail 1x4x5¾-inch piece wood between 2 sleigh sides at the bottom for base. Glue foam between rounded ends of sleigh sides.

Nail or glue 1-inch runner braces in place. Paint runners and braces black and set aside to dry.

Cut 6x5-inch and 6x9⅝-inch pieces from light chipboard across the grain. (Cardboard bends most easily when cut on cross grain.) Tape these pieces to sleigh ends between foam and wood base.

Cut fabric to cover insides of sleigh sides, adding 1 inch at top. Glue fabric to inside, folding excess over top edge, and glue to outside.

Cut fabric 1 inch larger than ends of sleigh and glue, lapping excess over sides.

Cut 6x12¾-inch and 6x27-inch pieces from lightweight chipboard on cross grain. On front of sleigh pin 12¾-inch piece to foam beginning at end of covered area. Pin and fit cardboard to foam: trim edges as cardboard goes inside sleigh. Remove cardboard and cut fabric 1 inch larger. Cover cardboard, gluing margins to back. Glue covered cardboard in place; pin to hold until dry. Repeat fitting and covering for back of sleigh on 27-inch piece. Glue first 10 inches of piece to foam from back outside to inside, then fit loose end into sleigh.

Position runners on bottom sleigh sides. Glue and nail to wooden base (tops of runners will be covered by sides added last).

Cut fabric to fit remaining 2 heavy chipboard sides, adding 1 inch (be sure to make a right and left side). Cover with fabric, gluing excess to back of cardboard.

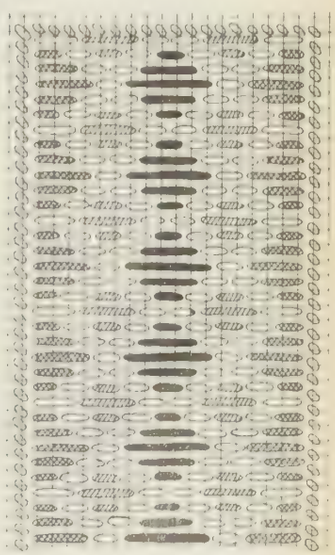
Spread glue on backs of covered sides and position on sleigh. Place sleigh on its side and weight until glue drys. Fill with gift packages or holiday greens.

Patchwork tablecloth page 63

This project is designed to help you use unmatched white fabric and lace scraps. Cut cotton rectangles in assorted sizes as large or small as your scraps permit.

Needlepoint napkin rings page 63

Materials: ½ yard No. 12 mono canvas; tapestry needle; ½ skein each—magenta, dark green, and light green, 3-ply Persian needlepoint yarn; 3 small skeins yellow-gold pearl cotton; ½ yard fabric for lining; wire. Makes six napkin rings.



continued

continued

Christmas how-to

Cut a 2½x8-inch strip of canvas for each ring. Work canvas in Bargello wave stitch (see drawing).

Fill in with diamond stitch, following color guide in drawing. Outline outside edges with row of continental stitches.

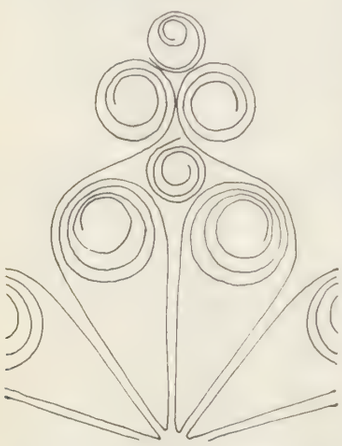
Trim around completed needlepoint, leaving margin of three unstitched rows of canvas. Fold edges under and press flat.

Cut backing ½ inch larger than canvas. Fold backing edges under ¼ inch and slip-stitch to needlepoint on three sides.

Bend wire into rectangle, twist ends together, and insert between needlepoint and backing. Slip-stitch fourth side of napkin ring closed.

Quilling snowflakes page 62

Cut white tagboard into 10½x22-inch strips. Fold in half and roll on a dowel from both ends in shapes shown in drawing. To make curls, cut 10½x11-inch strips and roll on dowel. Glue in place.



Repeat pattern in drawing 5 times, arrange in star shape, and glue together.

Felt block and church page 62

Materials: Felt scraps; white glue; Dacron or cotton batting, embroidery floss.

Church: Cut out sections of frame from felt. Stitch together walls and floor. Stuff. Stitch on roof and bell tower.

Cut out doors and windows from bright-colored felt scraps for stained glass effect and glue on.

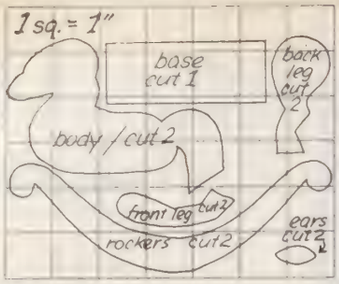
Block: Cut 6 squares of equal size from felt and embroider in "God's eye" design. Stitch together 5 sides, then stuff. Stitch on remaining side.

Rocking horse toy page 62

Materials: ¼x5x36-inch sheet balsa; contact cement; jigsaw or coping saw; straight pins; black, brown, and red poster paint; 20 inches gold cord; fine sandpaper; clear matte finish.

Make patterns according to drawing. Saw out pieces and sand until smooth. Cut tops of legs at angle to make them splay.

Glue body sections together. Glue on legs and secure with pins. Attach legs to rockers with glue and pins. Glue base between rockers for balance. Glue on ears. Paint. Apply matte finish. Use gold cord for reins



and attach a loop for a hanger.

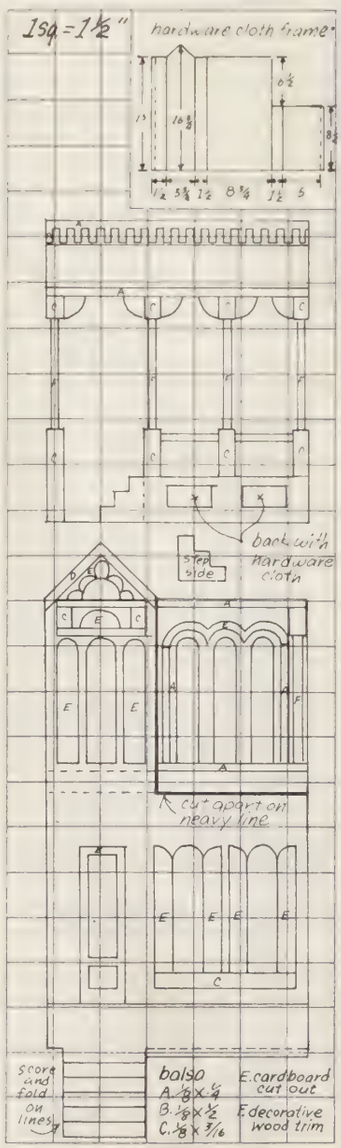
Papier-mache ornaments page 62

Materials: Plastic foam balls; paper towels; newspaper; white glue; clear matte varnish; poster paints; appropriate prints; white paper doilies; braid trim; hairpins; gesso.

Cover balls with glue and wrap with ½-inch strips of torn paper towel. Dry in oven at 140 degrees for ½ hour. Cover with two coats of torn 1-inch newspaper squares and glue. Insert hairpin for hanger. Dry in 140-degree oven for several hours. Cover with gesso and dry again.

Color with poster paints. When dry, brush on varnish and allow to dry. Glue on print and decorations. Apply two coats of varnish. Paint on brown poster paint and quickly rub off excess for an antique effect. Brush on final coat of varnish.

Victorian town houses page 62



Materials: ⅛-inch hardware cloth; tin snips; fine wire; white spray enamel; art knife; white glue; assorted weights scrap cardboard; gold decoupage tape and trim; gold beads; sequin pins; small dowels.

Bend hardware cloth into rectangular house shapes, leaving both ends open (see drawing). Wire raw edges of frame together.

To make house fronts, cut assorted doors, windows, steps, porches, and scrollwork from cardboard. Use dowels or balsa for railings and columns (see drawing).

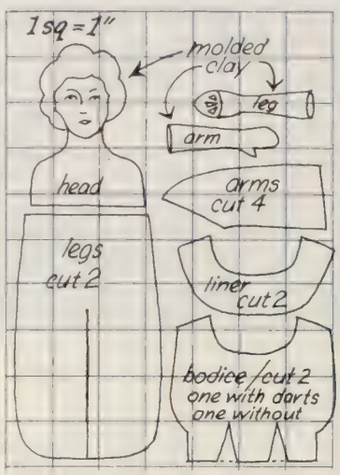
Plan a different front for each house, then assemble and glue. Wire fronts to hardware cloth frames. Make holes through cardboard in inconspicuous places, put wire through cardboard and hardware cloth, slip hands inside frame (both ends are open), and twist wire ends together.

Spray-paint two or three times, drying thoroughly between coats.

Glue on gold decoupage tape. Slip beads on sequin pins and push into place.

Victorian lady doll page 62

Materials: Fabric scraps; craft clay; white glue; 3 yards lace scraps; stuffing material; acrylic paints; 1 yard ¼-inch ribbon; clear matte protective coating. Add ¼-inch for seam allowance.



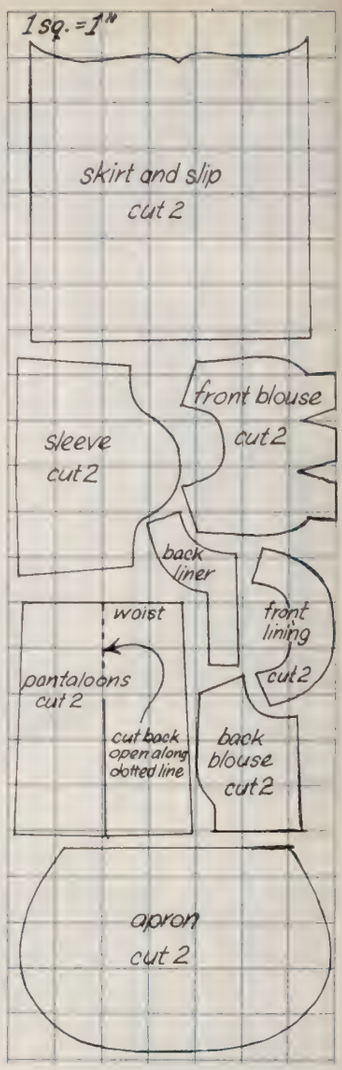
Clay body parts: Use dimensions given in drawing to make clay head, arms, and legs. Follow instructions on package for drying and baking in your oven. Paint. When dry, spray on protective coating.

Cloth body parts: Make patterns according to drawing and cut out and stitch together front and back pieces. Next stitch front to back leaving arms, legs, and bodice open for clay body parts. Right sides together, stitch front and back to bodice. Turn and press. Insert clay arms and legs, and glue. Stuff body, insert head and glue into place. Glue lace around arm and leg joints.

Doll clothes: Make patterns according to drawing, and cut out all pieces. Stitch pantaloons, gather waist, trim bottom with lace. Put on doll, hand-stitch back opening.

Stitch together blouse and trim with lace and ribbon. Put on doll, hand-stitch back opening.

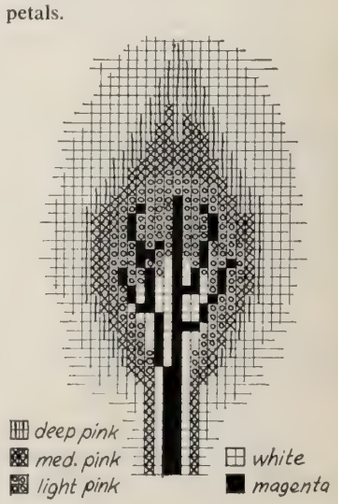
Stitch back seam and gather petticoat into a waistband, keeping fullness to sides and back for bustle effect. Hem 1½ inches and place on doll. Repeat for skirt.



Right sides together, stitch apron, turn and gather into small band. Attach to skirt and trim with bows. Glue bow on hair.

Needlepoint posies page 62

Materials: 1 yard No. 10 penelope canvas; tapestry needle; 1 skein 3-ply Persian needlepoint yarn—deep pink, medium pink, light pink, white, and magenta; ¾-yard medium-weight fabric for backing; small beads; bead wire; 1-inch green plastic tape; permanent felt-tip pen; wire—14-inch piece for each small petal and 17-inch piece for each large petal. Makes one large and two small flowers, each with five petals.



continued

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continued

Christmas how-to

Cut a 7x4-inch piece of canvas for each small petal and a 5x8-inch piece for each large petal. Use felt-tip pen to copy petal designs on canvas (see drawing). Following color code in drawing, work petals in basket weave.

Trim around completed needlepoint, leaving ½-inch margin of unstitched canvas. Fold under edges and press flat.

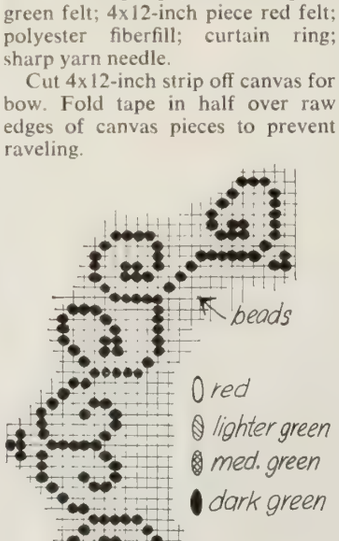
Insert wire under edges and bind to canvas with matching yarn. Cut bias fabric piece slightly larger than petal and stitch tightly to petal.

String beads on 36-inch wire. Twist into circles and secure. Arrange five petals and fan out. Insert beads in center. Hold flower together with wire and tape outside.

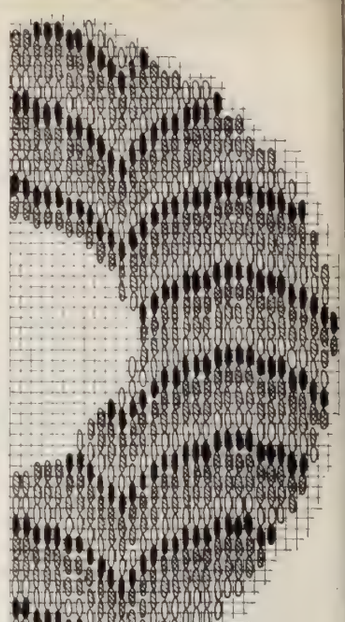
Bargello wreath page 62

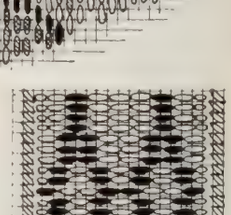
Materials: 15x18-inch piece quick-point canvas (5 meshes per inch); tapestry-needles, sizes 13 and 20; 3-ply Persian yarn (use 3 strands as one), one 40-oz. skein each—red, dark green, medium green, light green; 374 beads (5 in a row equal one inch); green button thread; 1-inch masking tape; 15-inch square green felt; 4x12-inch piece red felt; polyester fiberfill; curtain ring; sharp yarn needle.

Cut 4x12-inch strip off canvas for bow. Fold tape in half over raw edges of canvas pieces to prevent raveling.



Using size 20 needle and button thread, attach beads to canvas following pattern (½ design). When beads are in place, work Bargello stitch with yarns and size 13 needle according to pattern (½ design).





placing stitches between beads.

Work the Bargello stitch pattern as indicated in pattern (½ design) for bow.

To make diagonal border stitches, work a half cross-stitch over two meshes instead of one.

Cut around wreath ½ inch from edge of stitching on both inner and outer edges. Place wreath and green felt square right sides together. Stitch around outside of circle inside several rows of needlepoint. Trim felt ½ inch from stitching, clipping curves.

Turn wreath and trim inner felt circle to fit wreath. Use 1 strand yarn and sharp needle to sew ⅓ of inner circle closed. Stuff sewn section. Continue sewing edges, stuffing as you sew until edge is completely closed.

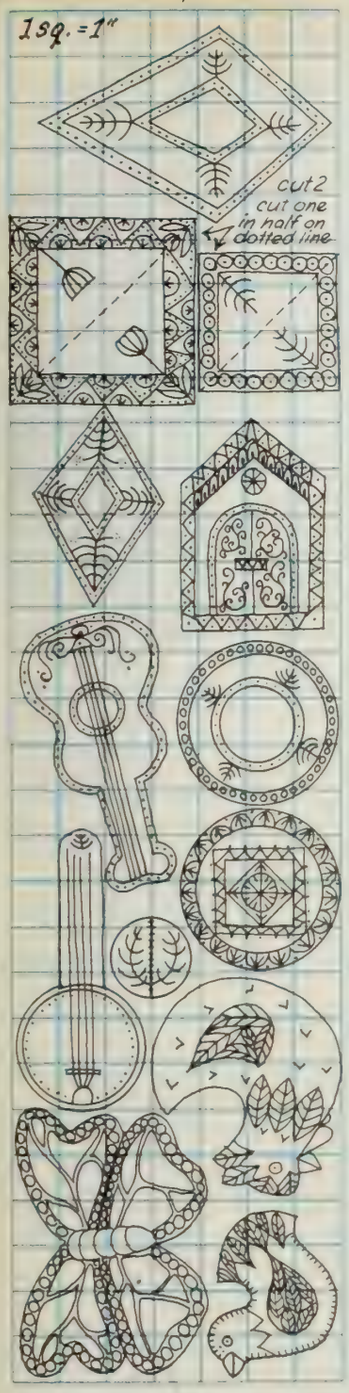
Stitch red felt to bow. Tie strand of red yarn in center. Tack bow to wreath, turning edges under. Stitch curtain ring to back for hanging.

Balsa ornaments page 67

Materials: Balsa wood—1 piece ⅛x3x36 inches, 1 piece ⅛x4x36 inches; contact cement; 6 paper clips; needle; brown fine point permanent felt-tip pen; fine sandpaper; art knife; small wire cutters; toothpicks; clear matte protective coating. Makes 12 ornaments.

Cut out shapes according to drawing and sand. Draw on designs with felt-tip pen. For three-dimensional squares, cut two of each size. Cut one square in half on dotted line and glue to sides of other square of same size. For three-dimensional circle, use toothpicks to wedge small circle inside large circle.

To make hangers, open up paper clip and cut off the U-shaped ends



Shirley Temple is back



Shirley Temple is timeless and ageless. She sang and danced her way across the silver screen and into the hearts of a generation of Americans. Her curls. Her crinolines. Her knee socks and bows. Her smile. All helped to make her the "dimpled darling of the thirties."

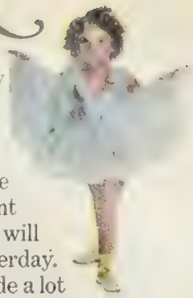
Now, after 35 years, the television screen has replaced the silver screen as her stage.



It was she who danced with you on Sunnybrook Farm. Showed you what it's like to be the Littlest Rebel. And took you for rides on the Good Ship Lollipop. Now she is back to shower joy and tears on a new generation of young admirers.



That warmth and fun are here again in the new Shirley Temple doll from Ideal. Her head, arms, and legs are moveable to create different poses. Imagine her in her many different roles. Children of today will love her as you did yesterday. Since 1933, we have made a lot of truly wonderful dolls, but Shirley Temple has occupied an extra special place in our hearts. She was our first love. As she was yours. And now she can be your children's. Yes, Shirley Temple is back... for good.





SHIRLEY TEMPLE

with wire cutters. Make holes with needle in top edge of ornament and insert U into holes. Glue if necessary. Spray on clear protective coating.

Seed obelisk and ornaments page 67

Materials: 16-inch plastic foam obelisk and 3-inch plastic foam balls; white glue; hairpins; assorted seeds—pumpkin, sunflower, kidney beans, white navy beans, black-eyed peas, lentil beans, watermelon, cantaloupe, split peas, coffee beans, sunflower shells, and small star-shaped pasta.

Start at any given point on the plastic foam ball and glue on a single, round seed such as a lentil bean. From this, your next seeds will encircle the single seed and so on until you have covered the ball. Use a nozzle-type applicator for the glue and cover only small areas at a time.

Use the same technique for obelisk, starting at base and working toward point.

Insert hairpin in top for hanger and secure with glue.

Bulldog page 69

Materials: Scraps of black and white leather and brown suede; leather cement; fabric scraps; polyester cotton batting; yellow felt; 1 pair 30-inch shoelaces; 20 small eyelets; 3 small rivets; leather punch; rivet and eyelet setter; masking tape.

Cut body and arms from fabric according to drawing. Stitch and turn arms, stuff paws well and arms lightly. Turn in seam allowance and sew tops of arms closed.

Sew body darts and stay-stitch neck edges. Right sides together, stitch around body and legs leaving neck open. Turn and stuff feet and legs to knees. Machine-stitch across knees. Stuff thighs lightly, stitching across legs at body. Stuff body and stitch across top of neck.

Cut out suede paws. Stitch, turn, and put paws on arms. Hand-stitch cuff to arm. Sew arms to body.

Cut head parts from suede, punching holes as indicated. Put nose holes on rivet post, add leather nose circle, and rivet. Put rivet post through back of leather at forehead holes, add eye pieces, and rivet.

Fold ear ends in half, taping to head. Right sides together, stitch around top of head. Fit neck and chin pieces to face, holding pieces together with tape. Stitch head back to front on both sides forming neck. Stuff lower face, pull neck over body neck, and stitch bottom of neck to body by hand.

Shoes: Cut out shoe parts. Glue facing to inside of shoe. Punch holes and set eyelets. Machine-stitch outlines on black shoes with white thread and stitch white toe to tongue. Tape toe and side pieces to sole and stitch. Turn and glue white circles to sides of shoes.

Stitch together yellow shorts and knit sweater (directions given below) or purchase ready-mades.

Sweater

Materials: 4-oz. skein 3-ply rug yarn; knitting needles—# 8 and 10.

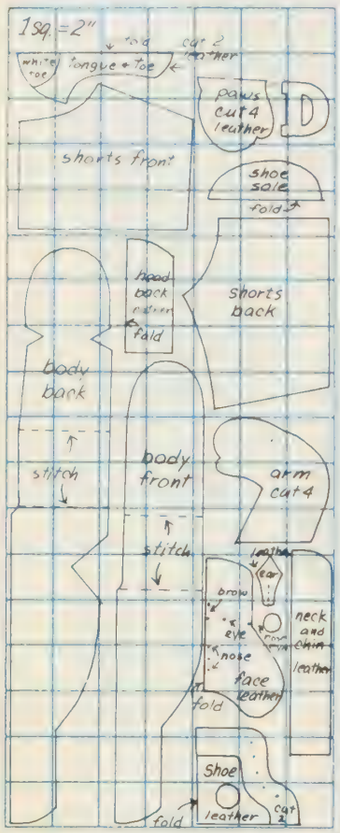
Front and back the same: On No. 8 needles cast on 38 st. K 1, p 1 for 5 rows. Change to No. 10 needles. K next 6 rows in stockinette st (k 1 row, p 1 row). Bind off 2 st at beg of next 2 rows. Continue in stockinette st dec 1 st at beg of each row until 24 st remain. On No. 8 needles k 1, p 1 for next 5 in. Bind off in pattern. *Sleeves* (Make 2): On No. 8 needles cast on 24 st. K 1, p 1 for 5 rows. Change to No. 10 needles and continue in stockinette for 13 rows. Bind off 2 at beg of next 2

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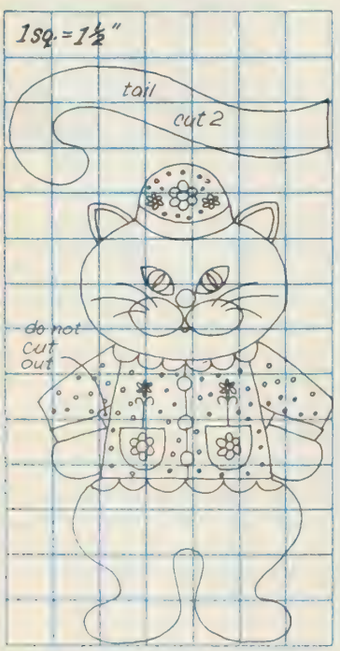
continued

Christmas how-to

rows. Cont. in stockinette, p 2 tog, p across row to last 2 st, p 2 tog. Next row: k 1, k 2 tog, k across row to last 3 st, k 2 tog, k 1. Repeat these 2 rows until 2 st remain. Bind off. *Finishing:* Block pieces. Join front and back pieces at sides of collar. Sew sleeves to armholes and join underarm and body seams. Add yellow felt *D* if desired.

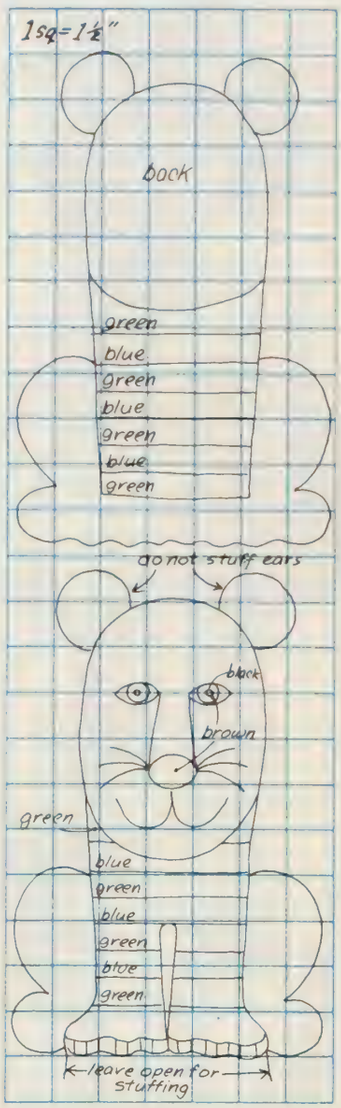


Lion and Puss in Boots page 69
Materials: ½ yard each natural and pink burlap; polyester cotton batting; scraps of 4-ply wool yarns in bright colors; tapestry needle.



Enlarge and transfer patterns to burlap and embroider according to color guide (see drawing). Cut around pieces adding ¼ inch for seams. Place right sides together and stitch. Clip curves, turn, and stuff. Slip-stitch opening. Sew on 2-inch yarn loops for lion's mane. For tail, cut 13x1½-inch piece burlap, fringing one end down 3 inches. Roll burlap tightly lengthwise and whipstitch. Attach tail to lion in back.

Add a 2-inch pompon to cat's head. Stuff tail and attach to back. Tack through both fabric thicknesses of cat's arms to define shape.

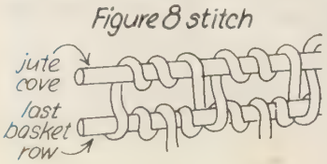


Basket mirror ornaments page 69
Materials: Size 5 or F crochet hook; large eye darning needle, blunt end; 2¼-inch mirrors; 48-inch piece of 5-ply jute; wrapping fiber—raffia, sisal, or 3-ply rug yarn; feathers.

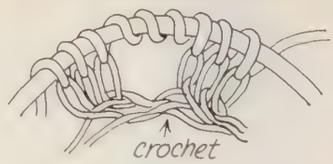
Each basket mirror consists of a mirror framed in crochet yarn with four rows of fiber-wrapped jute coils.

Crochet frame: Using rug wool, ch 16. Join with slip stitch. Dc 16. Sc 4 times in every other chain. Slip crochet frame over mirror to fit. Continue sc in every other chain 12 times to secure frame with crochet backing. Finish off.

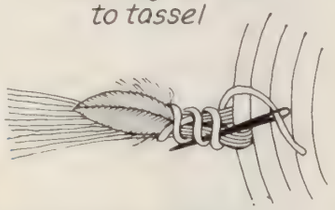
Figure 8 stitch



attaching 1st row to crocheted frame



attaching feathers to tassel



First jute coil: Taper end of 48-inch piece jute core ¾-inch. Thread darning needle with 36-inch piece wrapping fiber. Begin wrapping around tapered end for ½ inch, using figure eight stitch in drawing. Lay wrapped tapered end at edge of mirror. Wrap core one time and stitch into edge of crochet frame. Continue to attach this first row to crochet frame.

Remaining rows: Attach second row to first row by wrapping core two times and using figure eight stitch to connect the rows. Continue until you reach the last inch of the fourth row. Taper jute core as in beginning. Wrap, then bind jute and third row

continued on page 130

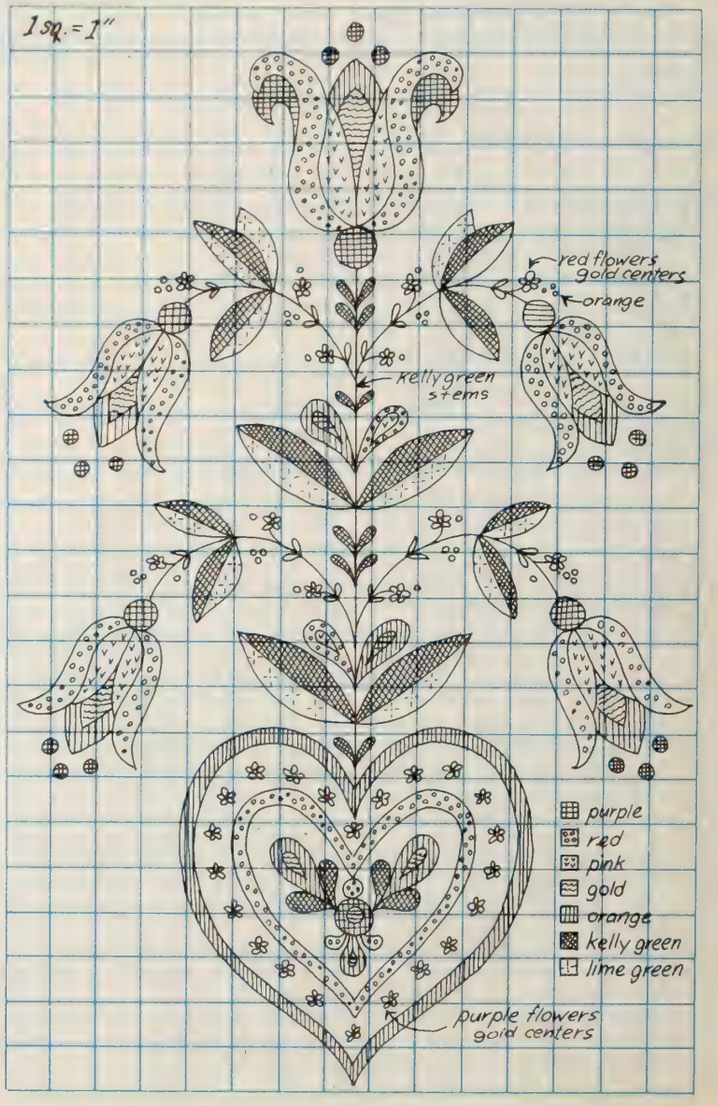
Embroidered table runner page 69
Materials: 18x54-inch piece linen, burlap, or homespun; cotton floss skeins—8 red, 4 pink, 2 gold, 6 bright green, 4 light green, 4 orange, 5 purple; 12 yards ¾-inch iron-on interfacing; 2-ounce red yarn; embroidery markers.

Zigzag edges of runner to prevent raveling. Transfer pattern to runner using markers (see drawing). Position pattern up 22 inches from bottom edge on each end. Embroider design according to color guide in drawing, using satin stitch, loop stitch, running stitch, and French knots as desired.

When finished, fold runner in half lengthwise, right sides together. Machine-stitch ½-inch seam on each end. Press V shape lightly.

Place iron-on interfacing in 16-inch opening on ends to fuse front to back. Fold edges of runner under 1 inch and fuse to back.

To make tassel, wind red yarn over 6-inch piece cardboard 24 times. Slip off cardboard and tie a piece of yarn tightly around one end. Cut other end open. Make two tassels and attach at each end of embroidered runner.




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Buying guide

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

HE COOKS
Page 43 (left): Mugs "Mocha"—Blue Mountain Pottery, Div. International Silver Co. of Canada, High St., Collingwood, Ontario, Canada or Etco Ind. Inc., 225 5th Ave., N.Y., N.Y. 10010.

THE HOLIDAY HOME
Page 52: Dinnerware—Independence Ironstone by Franciscan, INTERPACE Corp., 2901 Los Feliz Blvd., Los Angeles, Calif. 90039. Flatware "Post Road"—Northland Stainless, Sherrill, N.Y. 13461. Wallpaper and carpet—Sears, Roebuck and Co., 925 So. Homan, Chicago, Ill. 60607.
Page 55 (bottom right): Dollhouse, unfinished, preassembled. Write to: Ann's Decoupage Shop, 409 So. Crockett, Amarillo, Texas 79106. $34.50 plus shipping charge.
Page 62 (center left): Candelabra by Gorham, 333 Adelaide Ave., Providence, R.I. 02907. Silver tray by International Silver Company, Meriden, Conn. 06450. Cookie tray by Lenox Inc., Prince & Meade Sts., Trenton, N.J. 08605. Goblets "Palais"—Ebeling & Reuss Co., 23rd & Chestnut Sts., Philadelphia, Pa. 19103. Decanter—Wallace Silversmiths, Wallingford, Conn. 06492. Marbleized wrapping paper—Paint by Winsor Newton Oil Paints, Winsor & Newton Inc., 555 Winsor Drive, Secaucus, N.J. 07094.
Page 63: Dinnerware "Castle Garden," goblets "Jubilee," and swan salt and pepper—Lenox Inc., Prince & Meade Sts., Trenton, N.J. 08605. Flatware "King Edward," and footed crystal bowl—Gorham, 333 Adelaide Ave., Providence, R.I. 02907. Candelabrum "Reflection"—1847 Rogers Bros., International Silver Company, Meriden, Conn. 06450. Carpet—Sears, Roebuck and Co., 925 So. Homan, Chicago, Ill. 60607. Draperies—F. Schumacher & Co., 919 Third Ave., N.Y., N.Y. 10022. Trim for draperies—Consolidated Trimmings Corp., 27 West 23rd St., N.Y., N.Y. 10010.
Page 68: Window shades—The Graber Co., Middleton, Wis. 53562. Punch cups—West Virginia Specialty Co., Inc., Weston, W. Va. 26452. Dinnerware "Rita's Ceramics"—Trans-Ocean-Bridge, Inc., 1608 Washington Plaza, Bx. 286, Reston, Va. 22070. Table lamp—Tyndale, Inc., 230 5th Ave., N.Y., N.Y. 10001. Lamps on mantel—George Kovacs, Inc., 831 Madison Ave., N.Y., N.Y. 10021. Wheat on pedestal—Caronia & Corless Flowers, 220 E. 60th St., N.Y., N.Y. 10022. Furniture—C I Designs, 574 Boston Ave., Medford, Mass. 02155.
Page 74 (lower right): Flashing ornaments, Craft Lead, black—Magic American Chemical Corp., Cleveland, Ohio 44122. Craft Mirrors—Lee Wards, 840 No. State St., Elgin, Ill. 60120.
Page 75: Folding screen, Plexiglas—Rohm and Haas Co., Independence Mall West, Philadelphia, Pa. 19105.
Page 76 (far left and bottom): Opaque ornaments—order from Fry Plastics International Inc., 17007 Broadway, Gardena, Calif. 90248. ($7.50 for 5 lb. Crystlett package, mailed anywhere in U.S.).
Page 77 (top): Quickpoint wallhanging—Scovill Dritz Quickpoint Yarn by Vera, Sewing Notions Div., Scovill Mfg. Co., Spartanburg, So. Carolina 29301.
Page 77 (bottom): Silver Mylar wreath—Transart Silver Polyester, Transilwrap Corp., 5720 Brighton, Kansas City, Mo. 74130. Goblets—Riekes-Crisa, Corp., 1818 Leavenworth, Omaha, Nebr. 68102. Punch bowl—West Virginia Glass Specialty Co., Weston, W. Va. 26452. Self-stick wallpaper for package wrap—Clopay Corporation, Clopay Square, Cincinnati, Ohio 45214.

COUNTRY-STYLE BAKING
Pages 56 & 57: Cake stand—International Silver Co., 169 Colony St., Meriden, Conn. 06450. Tray—Spode, Inc., Turnpike Industrial Park, 26 Kennedy Blvd., E. Brunswick, N.J. 08816. Bucket—Green Mountain Studios, Inc., White River Junction, Vt. 05001.
Pages 58 & 59: Baskets—F. O. Merz & Co., Inc., 100-110 N. 63rd St., Philadelphia, Pa. 19139. Tray—Louggh & Amsterdam, 225 5th Ave., N.Y., N.Y. 10010.

A VICTORIAN FEAST
Pages 64 & 65: Bonbon dish; vegetable bowl, cups, sugar/creamer, dinner plates, saucers "Castle Garden"; goblets "Jubilee"—Lenox, Inc., Prince & Meade, Trenton, N.Y. 08605. Carving set, bread trays; knives, forks, spoons "King Edward"—Gorham, 333 Adelaide Ave., Providence, R.I. 02907. Sterling casserole—International Silver Co., 169 Colony St., Meriden, Conn. 06450. Cake stand "Wm. Rogers"—Oneida Comm. Ltd., Oneida, N.Y. 13421. Silver platter and gravy boat "King Francis"—Reed & Barton Silversmiths, Taunton, Mass. 02780. Sterling bowl—Lunt Silversmiths, Greenfield, Mass. 01301, available through Geary's, 351 N. Beverly Dr., Beverly Hills, Calif. 90210.

NIBBLES—HOLIDAY NATURALS
Pages 70 & 71: Glasses—Langbein Giftwares Div., Highline Trail, Stamford, Conn. 06902. Punch bowl and cups "Ernest Sohn Creations"—Etco Industries, Inc., 225 5th Ave., N.Y., N.Y. 10010. Oblong tray—Woodland Studios, Inc., Route No. 5, Perryville, Mo. 63775. Individual and square casseroles—Ceramar, Inc., 225 5th Ave., N.Y., N.Y. 10010. Set of baskets—The Bridge Co., 498 3rd Ave., N.Y., N.Y. 10016.

A CONTEMPORARY BUFFET
Pages 78 & 79: Punch bowl & cups—Dorothy C. Thorpe, Inc., 10800 Cantara St., Sun Valley, Calif. 91352. Platter—R. F. Brodegaard & Co., Inc., 225 5th Ave., N.Y., N.Y. 10010. Cutting board—Stoware, Inc., Stowe, Vt. 05672. Salad bowls—Etco Industries, Inc., 225 5th Ave., N.Y., N.Y. 10010. Rectangular platter—Rosenthal U.S.A. Ltd., 411 E. 76th St., N.Y., N.Y. 10021. Pie plates "Pyrex"—Corning Glass Works, Corning, N.Y. 14830. Christmas balls "Shiny Brite"—Max Eckardt & Sons, 1107 Broadway, N.Y., N.Y. 10010. Salt & pepper set and small bread tray—Allan Adler, 8626 Sunset Blvd., Los Angeles, Calif. 90069. Painting "Untitled Head Gaskets" by: John Kalamaras, %Art Rental Gallery, Los Angeles County Museum of Art, 5905 Wilshire Blvd., Los Angeles, Calif. 90036. Black & white serigraph—Raymor, Richards Morgenthau Mfg. Div., Inc., 225 5th Ave., N.Y., N.Y. 10010.

GOOD-TO-EAT GIFTS
Page 80: 2 jars with cork tops—The Pilgrim Glass Corp., Moonachie Ave., Moonachie, N.J. 07074. Canister—The L. E. Smith Glass Co., Mt. Pleasant, Pa. 15666. Spice jar with cover—Van Dow-Fenton, Inc., 225 5th Ave., N.Y., N.Y. 10010. Apothecary jar with cover—Anchor Hocking Corp., Lancaster, Ohio 43130. Ribbon "Decorette"—3M, 3M Center, St. Paul, Minn. 55427. Gift paper—Helen Cole Gift Wraps, 4910 W. Jefferson Blvd., Los Angeles, Calif. 90016.

PRIZE TESTED RECIPES
Page 85 (left): Cake plate—Frederik Lunning, 225 5th Ave., N.Y., N.Y. 10010.
Page 86 (bottom left): Cups and dessert plates—Ginori, 711 5th Ave., N.Y., N.Y. 10022. (Top right): Glass dish "Candlewick"—Imperial Glass Corp., Bellaire, Ohio 43906. (Bottom right): Soufflé dish "Creative Glass"—Corning Glass Works, Corning, N.Y. 14834.



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Christmas how-to

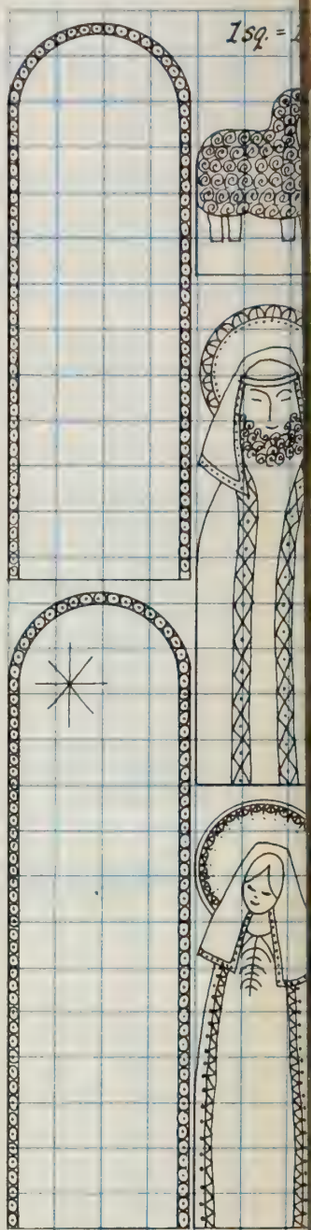
together to finish off.

Cut 8-inch piece of wrapping for tassels. Pull fiber through f row with needle and knot (see d ing). To attach feathers, refe drawing.

Balsa creche page 69

Materials: Balsa wood—2 pieces 4x36 inches, 1 piece ⅛x3x36 in 2 pieces 1x1x36 inches, 3 pieces 1x36 inches, and 1 piece ⅛x inches; contact cement; brown ppoint permanent felt-tip pen; sandpaper; scissors; art knife; matte protective coating.

Cut out figures according to tern (see drawing). Sand, then the designs on figures with fe pen.



To assemble base and figures 3 15-inch strips of 1x1-inch ba and cut 5 15-inch strips of ¼x1-i balsa.

Build the base from back to fr

continued



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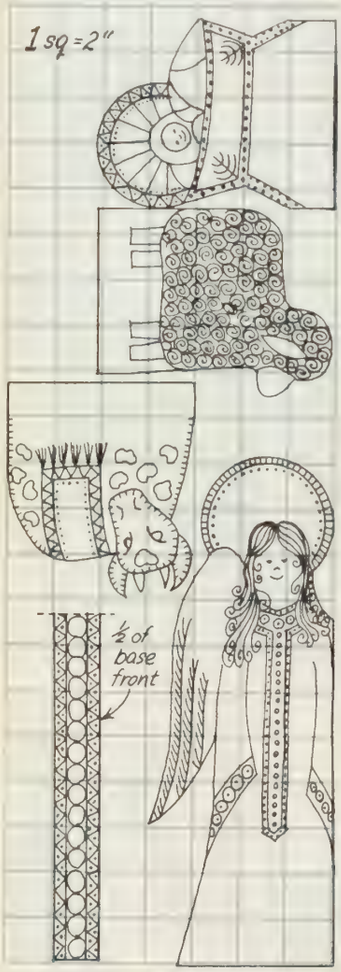
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Christmas how-to

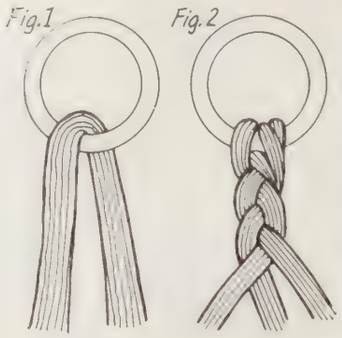
sandwiching the figures between layers of the above balsa strips. Glue the largest arch to the center front of a 1x1-inch strip. Fill in each side of arch with ⅛x1-inch strips cut to fit. Glue another 1x1-inch strip in front of arch and fill-ins. Glue two remaining arches to this strip, filling in spaces. Glue a ¼x1-inch strip in front, gluing angel and Joseph to front of strip. Continue filling in spaces. On last layer, glue Mary, large sheep, and cow. Fill in spaces. Glue on two ¼x1-inch strips. Glue on crib and small lamb and fill in spaces. Draw border design on front of last 1x1-inch strip and glue to front of crèche. Sand side edges smooth and spray on protective coating.

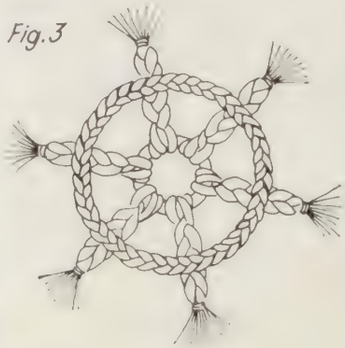


Rope snowflakes page 69
Materials: Large drapery ring; tapestry rug needle; coarse twine (binders or newspaper).

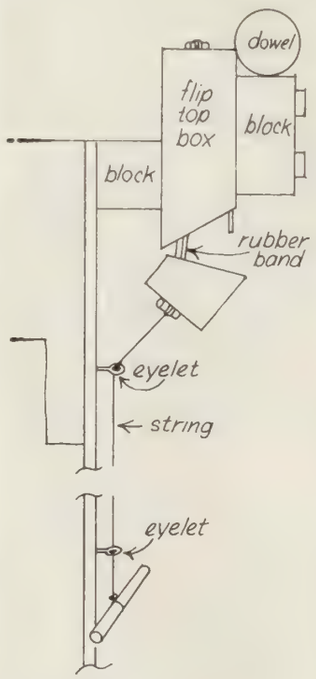
For each arm (7 total) cut 24 pieces of twine each 24 inches long. Put 24-piece bundle through ring, even ends. Divide 48 ends into 3 groups of 16 strands and braid tightly. Wire braids together 2 inches from ends. Repeat for all arms.

Braid 2 strips each of 12 pieces 24 inches long. Wire ends of braids. Form braids into circle on top of arms on both sides. Push wired ends into braid arms. Pin to hold. Thread needle with twine and stitch through circles and arms, removing pins. Cover wire on arms with twine. Add loop for hanging.



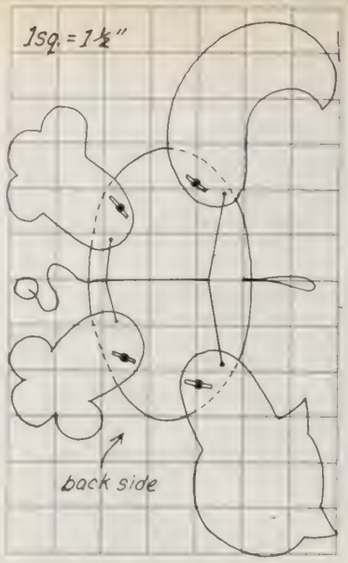


Stick puppets page 74
Assemble according to drawing.



Cat pull toy page 74
Materials: Coping saw; ⅛-inch Masonite; 4 No. 4 brass fasteners; large bead; sandpaper; acrylic paints; nylon thread; clear protective coating.

Enlarge patterns and trace onto Masonite. Saw out pieces and sand smooth. Drill holes according to drawing. Paint your own designs, allow to dry, and apply protective coating. Assemble body pieces with fasteners and lace nylon thread through holes as shown in drawing. Attach bead for pulling.



Knit cape and cap page 74
Materials: No. 10 extra-long circular knitting needle; 8 stitch markers; acrylic or wool worsted yarn—12 oz. black, 8 oz. white, 8 oz. gray, 6 oz. brown; 20-inch separating zipper; black bias hem facing.

With black cast on 71 sts. *Row 1:* K 1, *p 1, k 1; repeat from * to end. *Row 2:* P 1, *k 1, p 1: repeat from * to end. Repeat these two rows through Row 10. *Rows 11 and 12:* Knit. Rows 13 through 22: Repeat rows 1 and 2.

Begin raglan yoke, left front edge. *Row 1:* K 5, inc 1 st in next st, k 4, inc 1 st in next st, k 6, inc 1 st in next st, put on marker, k 3, put on marker, inc 1 st in each of next 3 st, put on marker, k 3, put on marker, inc 1 st in next st, k 15, inc 1 st in next st, put on marker, k 3, put on marker, inc 1 st in each of next 3 st, put on marker, k 3, put on marker, inc 1 st in next st, k 6, inc 1 st in next st, k 4, inc 1 st in next st, k 5 (85 st). *Row 2:* K 5, p across to last 5 st, k 5. *Row 3:* K 5, inc 1 st in next st, k across to within 1 st of first marker, inc 1 st in next st, slip marker to right needle, k 3, slip marker, inc 1 st in next st, k to within 1 st of next marker, inc 1 st in next st, slip marker, k 3, slip marker, inc 1 st in next st. Continue to end of row keeping markers on either side of k 3 and inc 1 st on either side. Repeat rows 2 and 3, inc 10 st on each knit row. Make 5 more rows of black, then 4 brown, 12 white, 4 brown, 14 gray, 4 brown, 14 black.

Dividing row: With brown, k to first marker and put this section on holder (left front). K to last marker and put back section on holder. K to end. *Next row:* K 5, p to end, cast on 6 st. Alternately k one row and p one row, always knitting 5 st at edge. Make 2 more rows brown, 16 white, 4 brown, 18 gray, 4 brown, 8 black. Bind off 6 sts at arm opening; put section on holder; cut yarn. Pick up left front from holder and k to match right front. Put section on holder and cut yarn. Pick up st of back section from holder. With brown, cast on 6 st on p side of needle. Slip sts to other side of needle, k 3, p 1, k to within 1 st of first marker, inc 1 st in next st, k 3, inc 1 st in next st, k to within 1 st of next marker, inc 1 st in next st, k 3, inc 1 st in next st, k to 4 st from end, p 1, k 3, cast on 6 st. *Next row:* P. *Row 3:* K 9, p 1, k across slipping markers without inc to 10 st from edge, p 1, k 9. *Row 4:* P. Continue following pattern set by fronts inc as above every 4th row. On 8th black row, bind off 6 st, k across and bind off last 6 st. Cut yarn. Pick up sts of fronts on either side of back section. Attach black yarn on purl side. K 5, p across all sections to last 5 sts, k 5. *Next row:* K to within 1 st of opening, p 1, k 3, p 1, k to within 1 st of first marker, p 1, k 3, p 1. K across row, always p 1 at either side of k 3 seam. Repeat last two rows for 5 more rows of black, 4 brown, 14 white, 4 brown, 8 gray, 14 brown, 4 gray, 16 black. P 2 rows black. K and p 4 more rows. Bind off. Turn hem and sew. Turn neck ribbing at fold and sew. Sew ends of arm opening together. Turn inside and fasten to back. For strength, sc across inner front edge of opening.

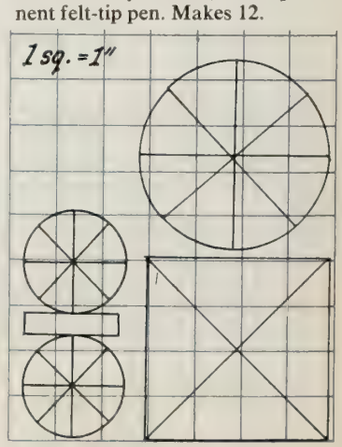
Sew in zipper, starting at neck ribbing. Keep stripes even. Face entire length of fronts with bias hem facing. *Cap:* With black yarn cast on 98 st. Work 10 rows in k 1, p 1 ribbing. Knit row 11, inc 37 sts spaced evenly (135 sts). With brown, p 1 row, k 1 row, p 1 row. Continue in stocking st for 8 white rows, 3 brown, 8 gray, 3 brown, 6 black, 3 brown, 6 white (dec 10 sts in last white row), 3 brown (dec 10 sts in last row), 3 gray (dec 10 sts in last row). Pull a double strand of yarn through remaining sts and fasten well. Sew seam. For pompon, wind black yarn about 100 times around 4-inch card. Slip off and tie tightly with double strand of yarn. Clip loops and sew to cap.

Corrugated paper creche page 74
Materials: Corrugated paper—natural and white; corrugated cardboard; glue; wire; paint.

Make each figure by rolling corrugated paper to desired thickness and secure with glue. For flexibility, insert wire between body parts such as head and neck.

Use corrugated paper to make accessories such as clothes, hair, and beards. Leave natural or paint if desired.

Flashing ornaments page 74
Materials: 2 tubes of black craft lead; small craft mirrors in circles, squares, and rectangles; 2 square feet of heavy acetate; black permanent felt-tip pen. Makes 12.



Draw basic design on white paper with felt-tip pen according to pat-

continued



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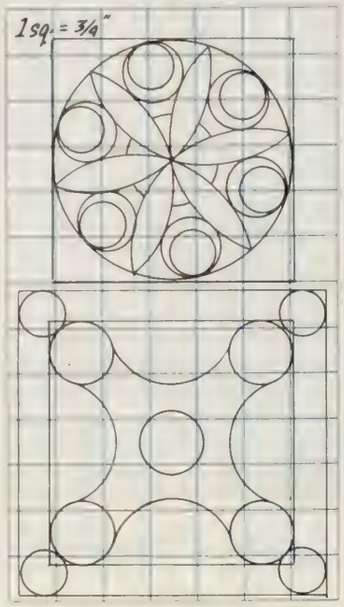
Christmas how-to

tern (see drawing). Cover with a piece of acetate with edges extending 2 inches beyond pattern.

Draw on designs with lead. (Patterns are for basic designs, see photograph for details of each ornament and mirror placement or design your own.)

To attach mirrors, add a drop of lead and press mirror gently in place. Dry on a flat surface. Trim off excess acetate, leaving a loop at top for hanging.

Rose window decorations page 76
Materials: Compass, straightedge, medium-weight cardboard; tissue paper in bright colors; white glue.



Use compass to make various sizes of circles on cardboard piece (our drawings will help you get started). When you're satisfied with design, cut it out.

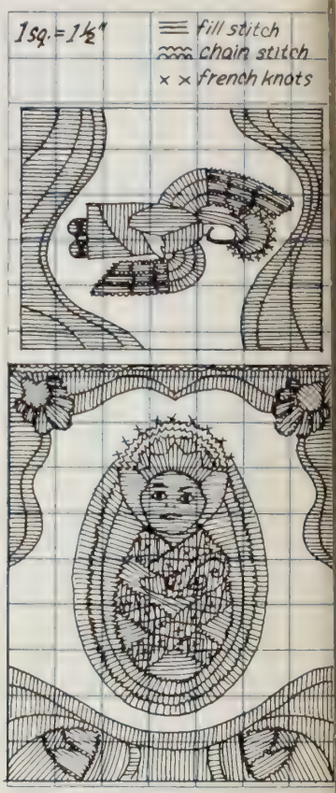
Cut tissue paper into ½-inch squares. Roll each square between thumb and forefinger. Make enough balls to cover design. Glue groups of tissue balls in contrasting colors on your design. After completing a number of designs hang your collection near a window.

Opaque ornaments page 76
Materials: 10 pounds clear cooking crystals, such as Crystletts (for more information see Buying Guide); white shelf paper; aluminum foil; oil paints; metal file; compass; nylon thread; 9-inch round cake pans, muffin tins, or metal lids without grooves.

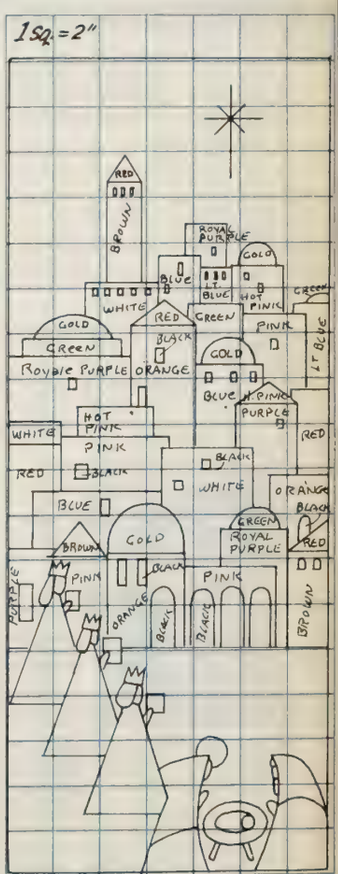
Cut a white paper circle to fit inside cake pan. Decorate with paints and foil. Cover with 1¼ cups cooking crystals and bake in preheated oven at 350 degrees (use same procedure for other containers using ⅛ to ¼ cup crystals). When melted, crystals should be about ¼ inch thick.

Remove from oven and make hole for hanging with compass point. Allow to cool and shake ou of pan. Soak in water for an hour t soften paper backing. Scrub o most of paper for transparent effec File edges smooth and use nylo thread for hanger.

Triptych embroidery page 77
Follow sketch and stitch guide.



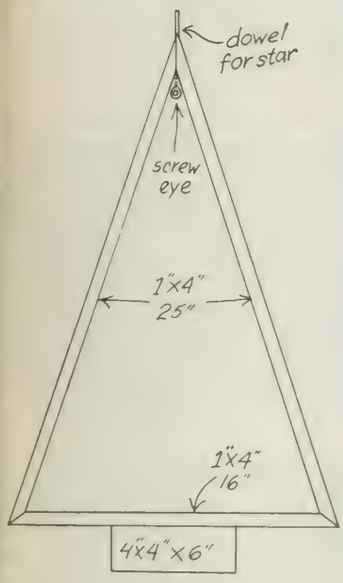
Quickpoint wall hanging page 77



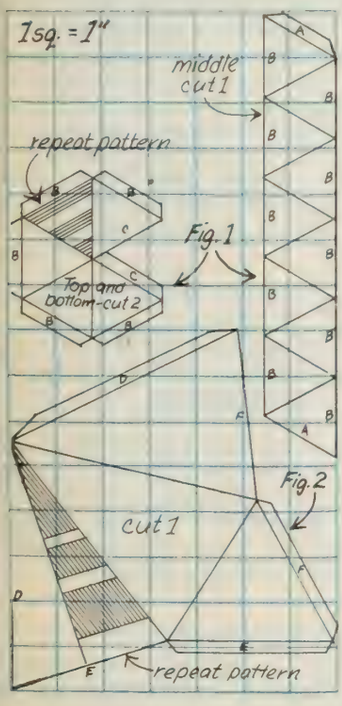
Use No. 5 mono canvas.

Fold masking tape in half over edges of canvas to prevent raveling. Enlarge design and transfer to canvas using felt-tip pen (see drawing). Using half cross-stitch, complete design first, then fill in blue background at top and brown below.

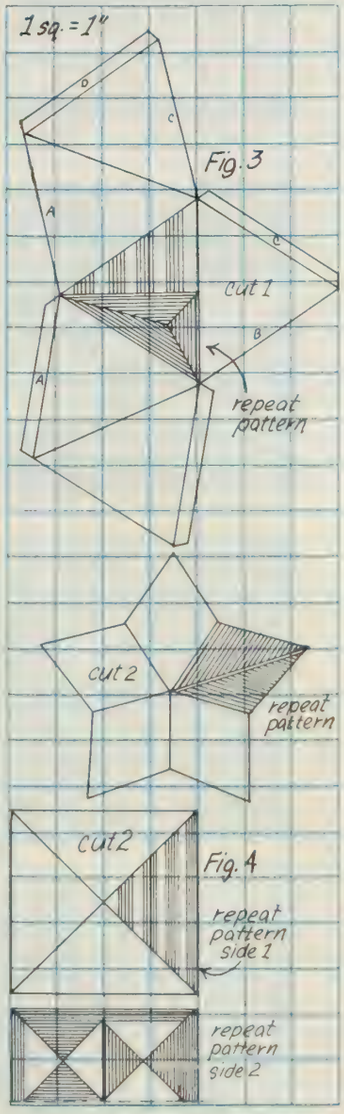
Spaghetti tree page 77



Cut pieces for tree from wood using dimensions given in drawing. Miter sides, nail and glue together. Nail base in place and paint tree black. Glue spaghetti in rows on sides. Drill ¼-inch hole at center top to insert dowel for star. Attach a small screw eye at center inside point. Use fish line to hang the ornaments.

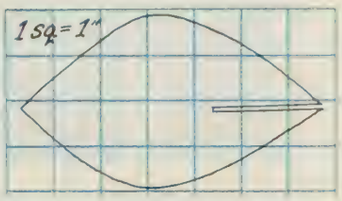


Cut each ornament from heavy cardboard and fold, matching letters. Glue tabs inside and add loop for hanging (see drawing). Paint black. Refer to drawing for patterns showing spaghetti placement. Glue spaghetti in place. When dry, place star on dowel. Attach first ornament (Fig. 1) to screw eye and string rest of ornaments (Fig 2, 3, 4) together in descending order so they balance.



Silver Mylar wreath page 77

Materials: Silver Mylar such as Transart Silver Polyester (available in most art stores), 20 inches x 12 feet or 54 inches x 6 feet; 1 18-inch piece of lightweight cardboard; tacking stapler.



Cut out 100 leaves and slit according to pattern (see drawing). Pull one side of slit over the other and staple.

Cut out 18-inch cardboard circle, then in center cut out another 7-inch circle to form wreath.

Staple each leaf to cardboard twice, overlapping leaves to cover stapled ends. Staple in circular direction until wreath is covered.

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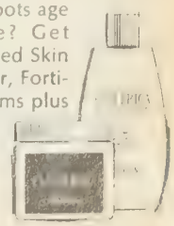
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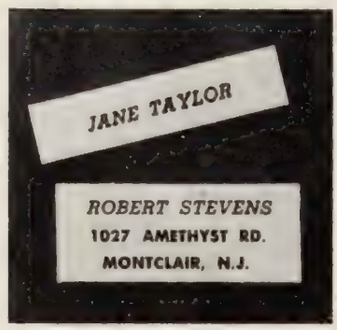
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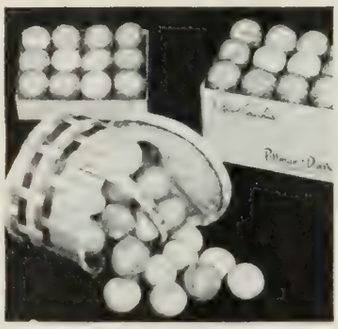
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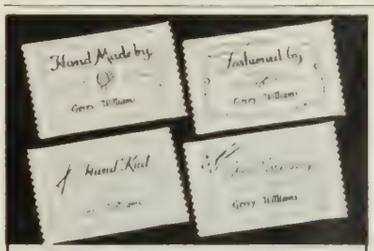
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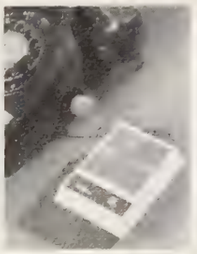
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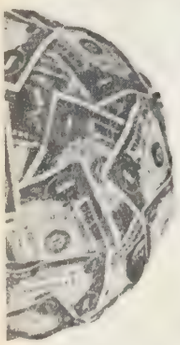
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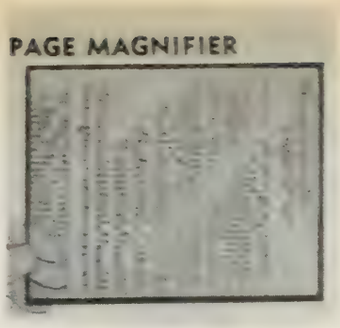


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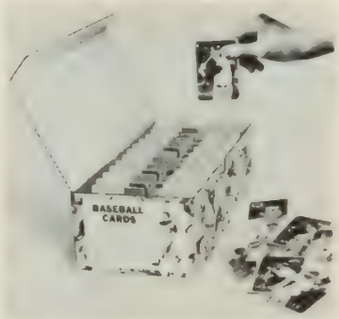
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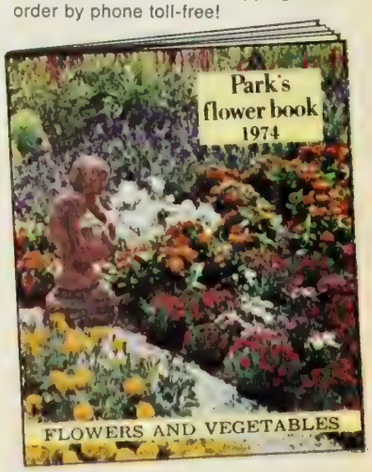
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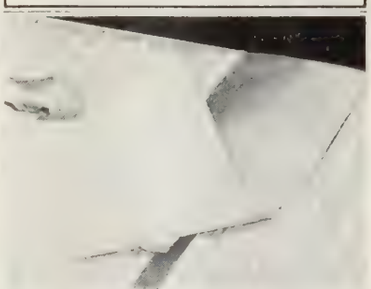


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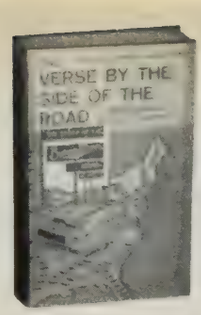
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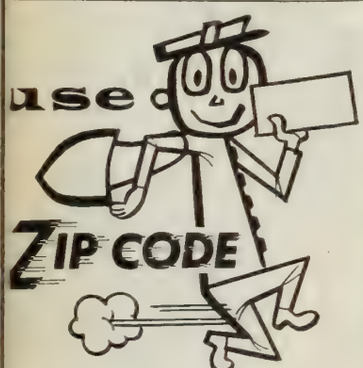


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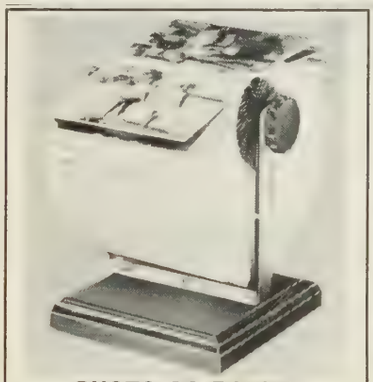
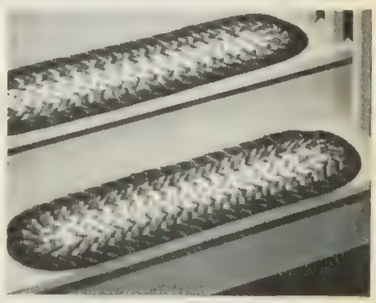


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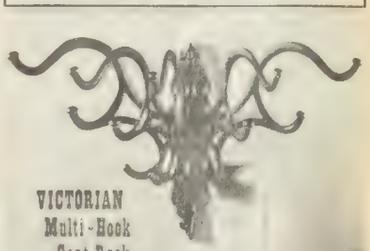
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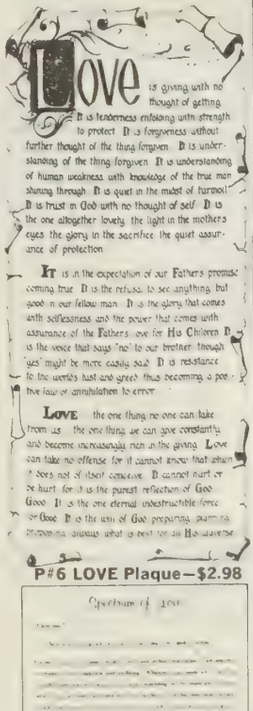
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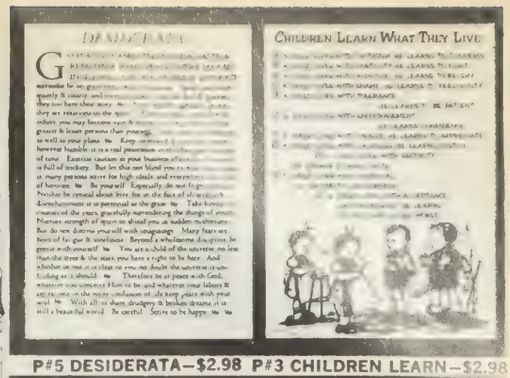
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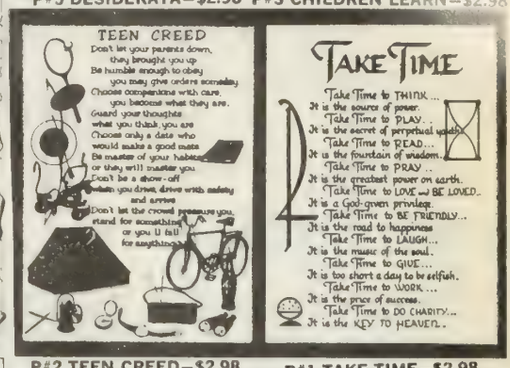
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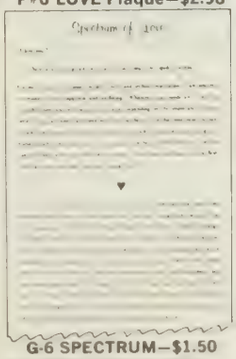
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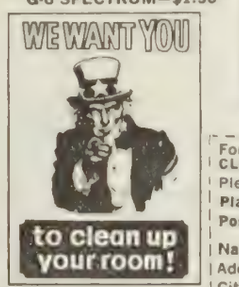


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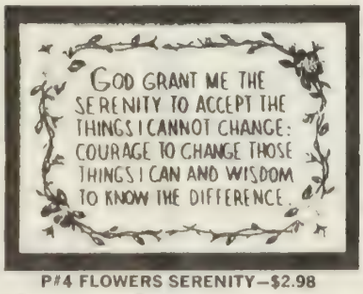


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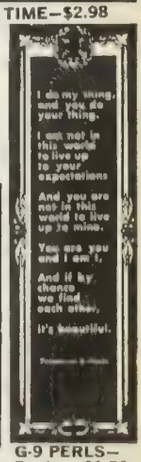
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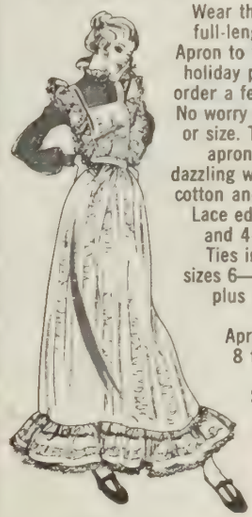
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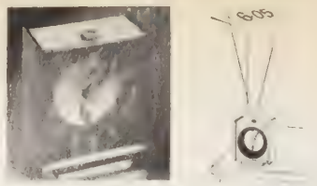


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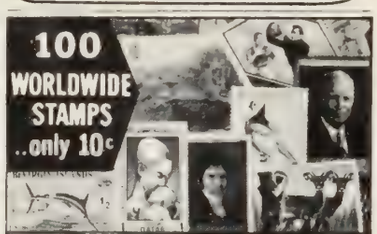
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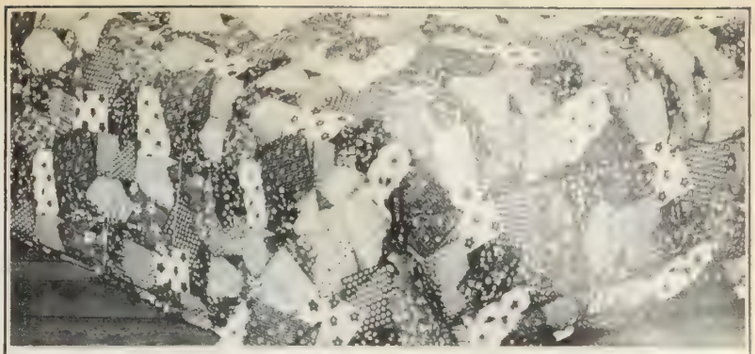


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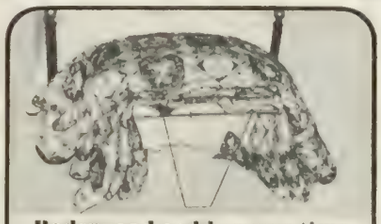
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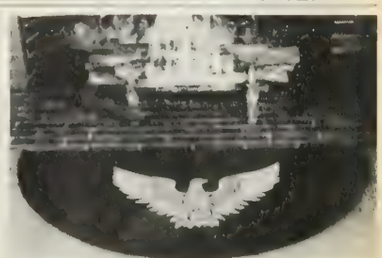
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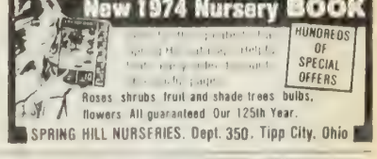
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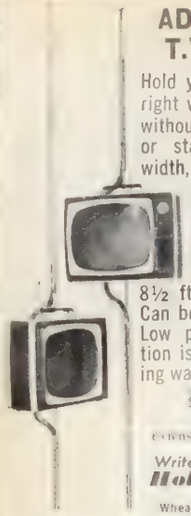
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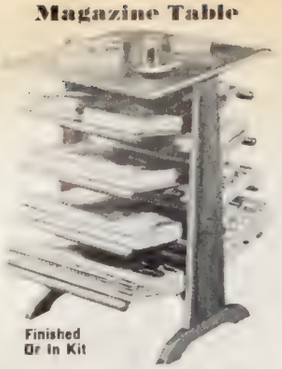


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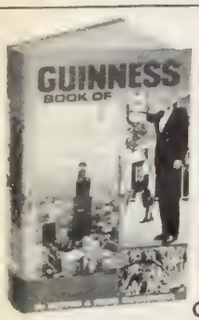
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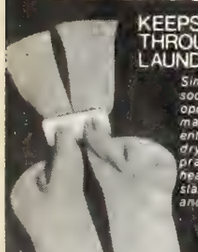
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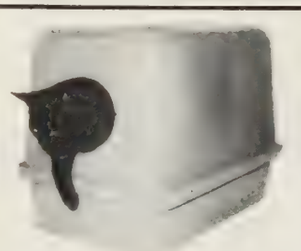
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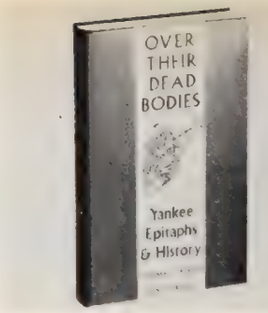


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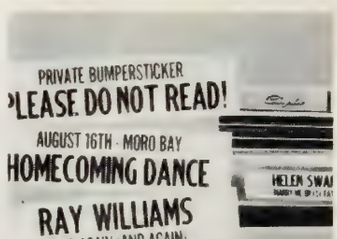
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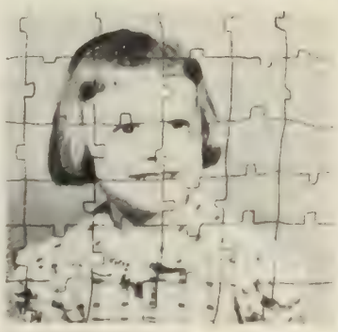
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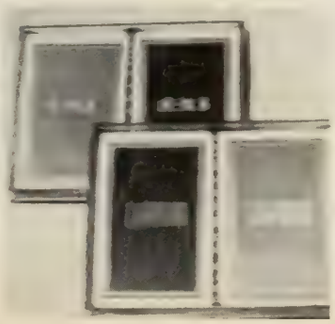
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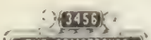
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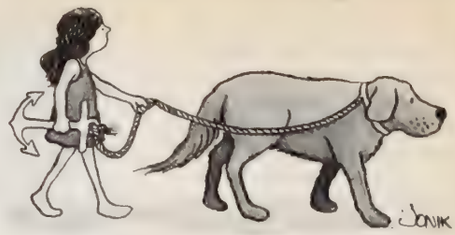
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The man next door

According to Ned Carter, an apple a day and the thought of $100 hospital rooms keep the doctor away.

Rumor has it that Bill Clanton broke his nose slamming the refrigerator door too quickly. He was in a hurry to get back to his TV football game.

Judy has been making all her Christmas presents this year. That puts the family under considerable pressure to empty and wash every milk carton, salad dressing bottle, jelly glass, and any other raw material essential to her work.

Some people call it "junk" mail, but Uncle Dodd Buckner rather likes it. He says he finds it encouraging that there are those who still think he might want to learn a highly paid trade or the Secrets of the Oriental Art of Love.

This time it must be love for Rosemary. She doesn't even know if the boy's astrological sign is compatible with hers and says, moreover, that it doesn't make any difference.

An early winter storm brought the old elm in our backyard crashing to the ground. Now Judy, our 11-year-old, wonders how we can send out a no-vacancy alert before the birds arrive next spring.

Burt, Jr., may be right when he says I'm not too old to learn to ski. Yet skiing strikes me as a sport that the prudent man takes up at about the age of four, or not at all.

Art Moody, owner of our neighborhood garage, has worked on so many foreign cars he's beginning to get an accent.

It is well known that mere man cannot make a tree. In fact, just assembling an artificial one for Christmas is almost more than this mere man can do.

Congressman Nick Hanfli, unlike some of his colleagues, isn't sending out calendars for Christmas. He says it's too early to tell whether 1974 will be the kind of year with which he would want to be associated.

Standing in his front doorway, happily watching his daughter and her new husband cart away two chairs and an end table, Bill Norman says life seems to be divided into two parts: The first half you try to accumulate things and the second half you try to give them away.

It has often occurred to me that we might stimulate our young people into taking a greater interest in snow shoveling if it were regularly included as an event in the Winter Olympics.



"I've quit trying to make ends meet. I just try to maintain a reasonable gap."

Plump Peg Bayless makes a distinction between sensible diets and fad diets. A fad diet is any diet she doesn't happen to be on at the moment.

Those giant giftbooks for the Christmas trade would be handier if they came equipped with four legs which could be screwed into the corners to convert them into coffee tables.

Having Rosemary home for the holidays not only warms my heart and brightens the house but does wonders for reducing the long-distance telephone bill.

Burt, Jr., says if you really want to learn the fine points of bartering and trading, you should just sit with him at the high school cafeteria some noon when everyone opens his lunch bag.

We went to the airport the other day—or rather night, since students on standby don't fly the most convenient schedules—to welcome our Rosemary home for the Christmas holidays.

Airports are fascinating this time of year. They're filled with the excitement that kids generate whenever they are together in large numbers and in constant motion, kissing, squealing, waving. There were guitars and skis and floppy hats and bulging carryalls and backpacks. And the old standbys: Moms and Dads hugging their eagerly awaited youngsters, then giving them that long look that said a thousand words.

I couldn't help thinking about those days when I used to come home from college and my folks met me at the Union Station, architecturally light-years away from our modern airports.

There was something about swinging off the train to the little group of loved faces (always subtly changed in the few months of absence), all enveloped in whirls of steam and the chuffin' of the pausing locomotive that had a special magic.

Coming home. It seems to me that this little ritual must have been going on for generations, with only the settings changing—now airports, then railroad stations, and who knows where before that.

Coming home. Home for the holidays, to be with the people you love. And I'm sure it doesn't make the slightest difference how you get there.

Burton Hillis

